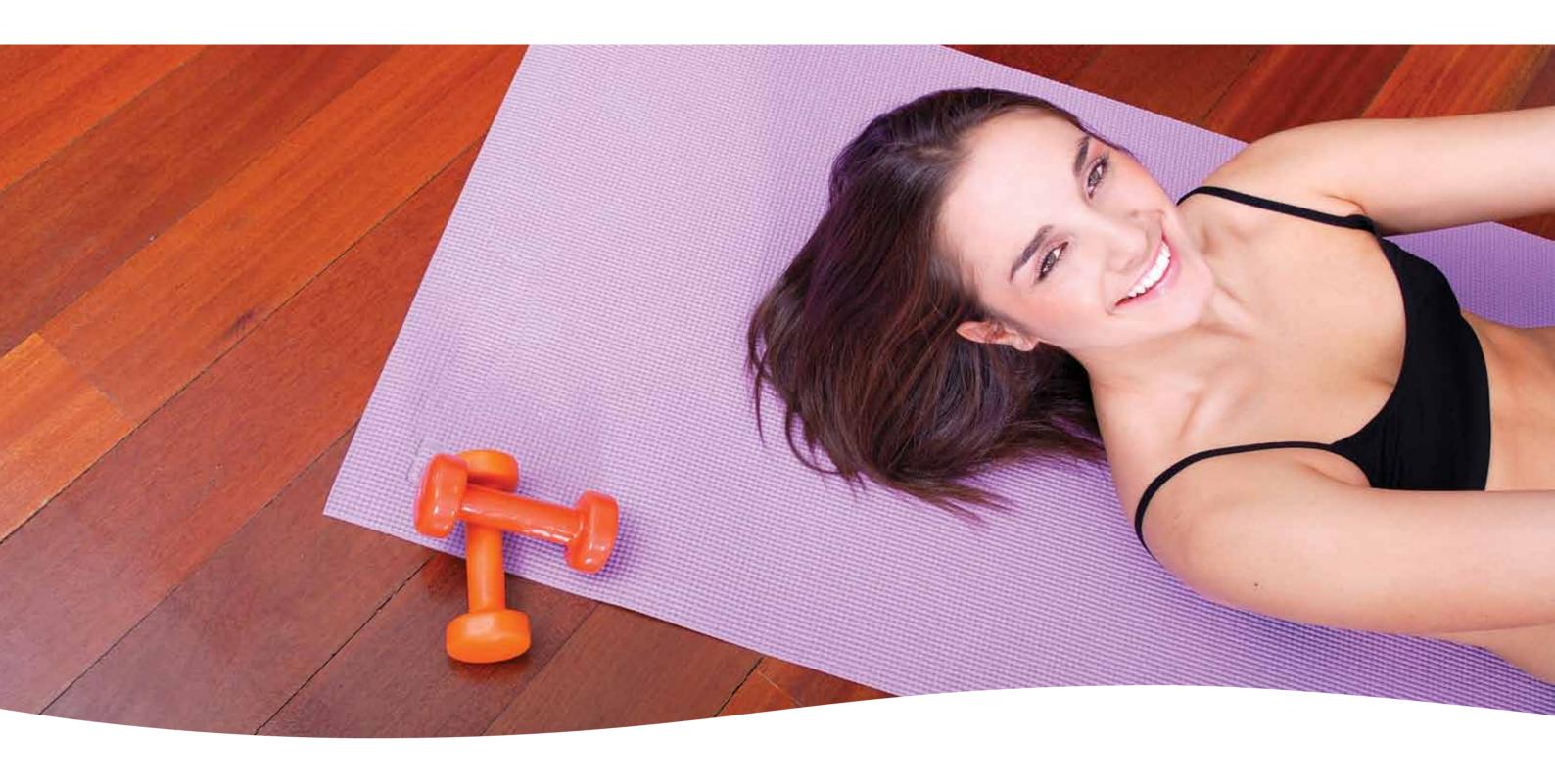
Group Exercise Programme



Monday		Wednesday		Treadmill Trek	09:30 - 10:00
Indoor Cycling	07:00 - 07:30	Indoor Cycling	07:00 - 07:30	Body Conditioning	09:30 - 10:30
Indoor Cycling	09:30 - 10:00	Circuit Mania	09:45 - 10:45	Indoor Cycling	10:15 - 10:45
Body Combat	09:45 - 10:45	Yoga	11:00 - 12:00	Indoor Cycling	17:30 - 18:00
Body Conditioning	18:00 - 19:00	Indoor Cycling	17:00 - 17:30	Yoga	18:00 - 19:00
Aqua	18:15 - 19:00	Body Pump Indoor Cycling	18:00 - 19:00 18:15 - 19:00	Aqua	18:15 - 19:00
Indoor Cycling	19:00 - 19:45	Aqua	18:45 - 19:30	Body Pump	19:00 - 20:00
Body Combat	19:00 - 20:00	Body Combat	19:00 - 20:00	Saturday	
Body Pump	20:00 - 21:00	Fitness Pilates	20:00 - 21:00	Indoor Cycling	09:00 - 09:30
Tuesday		Thursday		Body Conditioning	10:00 - 11:00
Indoor Cycling	07:00 - 07:30	Indoor Cycling	07:00 - 07:30	Indoor Cycling	11:00 - 11:30
Treadmill Trek	09:30 - 10:00	Body Pump	09:45 - 10:45	Indoor Cycling	16:30 - 17:00
Pilates	09:30 - 10:30	Pilates	11:00 - 12:00	Complete Com	
		Aqua	12:15 - 13:00	Sunday	
Indoor Cycling	10:30 - 11:00	Step	18:00 - 19:00	Indoor Cycling	08:30 - 09:00
Aqua	10:45 - 11:30	Indoor Cycling	18:15 - 19:00	Body Pump	09:00 - 10:00
Body Combat	18:00 - 19:00	Zumba	19:00 - 20:00	Indoor Cycling	10:00 - 10:30
Zumba	19:00 - 20:00	Friday		Zumba	10:00 - 11:00
Killer Cycling	19:00 - 20:00	Indoor Cycling	07:00 - 07:30	Body Conditioning	11:00 - 12:00

Key

Aerobic

Great for the heart and lungs and designed to get you a little out of breath. Experience fantastic results whilst increasing the efficiency of your heart and lungs as well as burning lots of calories.

Body condition

Toning, strength and endurance. These classes are designed to get your muscles working and looking great.

Calm

Take time out to relax and enjoy these classes, "Life takes it out of you... these classes give it back." Increase your flexibility, take an hour out of your busy schedule and learn to unwind.

The best way to plan your group fitness workout is to aim to do one of each colour within a week.

Wyboston Lakes Health & Leisure Club

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Email: enquiry@wybostonlakeshealthandleisure.co.uk
Web: www.wybostonlakeshealthandleisure.co.uk

Class Descriptions

Aqua

Open water athletes who want to build strength with no impact, can dive in for a free floating aerobic programme that builds agility, balance, alignment, flexibility and muscle strength.

Body Combat

Body Combat is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

Body Conditioning An all over body con

An all over body conditioning class that ensures an increase in muscle tone, strength and endurance.

Body Pump

Body Pump is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using

the best weight-room exercises like squats, presses, lifts and curls. Circuit Mania

Multi-stationed group exercise class designed to work on all the basic elements of fitness, strength, stamina and flexibility. Fitness Pilates

Fitness Pilates blends yoga, pilates, strength and flexibility training into one challenging but relaxing class. Concentrating on posture and body alignment as well as improving balance and co-ordination.

Indoor Cycling

This class is tailored to your own level and is sure to develop your cardiovascular fitness and burn plenty of calories.

Pilates

Pilates is a complete exercise method developed by its founder Joseph Pilates. It focuses on building your body's core strength and improving your posture through a series of low repetition, low impact stretching and conditioning exercises.

Step

A fun exercise to music class based on the use of a step which will help increase fitness levels as well as increasing fat burning benefits. Treadmill Trek

A group treadmill class to improve your cardiovascular fitness and burn lots of calories.

Yoga

Yoga helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment.

Zumba

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.



Scan to view timetable and session descriptions online

