**Hartsdown Group Exercise Timetable**

**MONDAY**

**Studio 1**
- 09:30-10:25 LBT
- 10:30-11:25 BodySTEP
- 11:30-12:25 Yoga
- 17:30-18:25 BodyPUMP
- 19:30-20:25 LBT Step
- 20:30-21:25 Clubbercise

**Studio 2**
- 06:30-07:15 Spin
- 09:30-10:25 LiveBetter Aero
- 10:45-11:45 LiveBetter Chair
- 12:00-12:55 Yoga
- 18:30-19:15 Awesome Abs
- 19:30-20:25 BodyBALANCE

**Pool**
- 14:00-14:45 LiveBetter Aqua
- 20:00-20:55 Aquafit

**TUESDAY**

**Studio 1**
- 09:30-10:25 BodyCOMBAT
- 10:30-11:25 Fight Klub BagBox
- 11:30-12:25 BodyBALANCE
- 17:30-18:25 BodyCOMBAT
- 18:30-19:25 BodyPUMP
- 19:30-20:25 BodyBALANCE

**Studio 2**
- 09:30-10:25 Zumba
- 12:00-12:55 Yoga
- 17:30-18:15 Spin
- 18:30-19:15 RPM
- 19:30-20:15 RPM

**Sports Hall**
- 09:30-10:30 Active For Life
- 11:00-12:00 Active For Life
- 13:00-13:30 Live Better Weigh In
- 13:30-14:30 Active For Life

**Pool**
- 19:00-19:55 Aquafit

**WEDNESDAY**

**Studio 1**
- 09:30-10:25 BodyPUMP
- 10:30-11:25 BodyBALANCE
- 11:30-12:25 BodyBALANCE
- 17:30-18:25 BodyCOMBAT
- 18:30-19:25 BodySTEP
- 19:30-20:25 BodyPUMP

**Studio 2**
- 09:30-10:25 Zumba
- 12:00-12:55 Yoga
- 17:30-18:15 Spin
- 18:30-19:15 RPM
- 19:30-20:15 RPM

**Sports Hall**
- 09:30-10:30 Active For Life
- 11:00-12:00 Active For Life
- 11:00-12:00 Active For Life
- 13:00-13:30 Live Better Weigh In
- 13:30-14:30 Active For Life

**Pool**
- 11:00-11:45 Aquanatal
- 14:00-14:45 LiveBetter Aqua

**THURSDAY**

**Studio 1**
- 08:30-09:25 Total Tone
- 10:00-11:15 BodyCOMBAT
- 17:30-18:25 BodyPUMP
- 18:30-19:25 Fight Klub Bootcamp
- 19:30-20:25 BodyCOMBAT

**Studio 2**
- 09:30-10:25 BodyATTACK
- 11:45-12:45 Pilates
- 17:30-18:25 Pilates
- 18:30-19:25 BodyBALANCE
- 19:30-20:25 Yoga

**Sports Hall**
- 09:30-10:30 Active For Life
- 11:00-12:00 Active For Life
- 09:30-10:30 Active For Life
- 10:30-11:25 Active For Life
- 09:30-10:30 Active For Life

**Pool**
- 11:00-11:45 Aquanatal
- 14:00-14:45 LiveBetter Aqua

**FRIDAY**

**Studio 1**
- 09:30-10:25 BodyPUMP
- 10:30-11:25 BodyCOMBAT
- 12:00-12:55 Pilates
- 17:30-18:25 Clubbercise
- 18:30-19:25 BodyPUMP

**Studio 2**
- 09:00-10:25 Fight Klub BagBox
- 10:30-11:25 Dancefit

**Pool**
- 14:00-14:45 Live Better Weigh In
- 17:30-18:15 Spin
- 19:30-20:15 RPM
- 08:15-09:15 BodyATTACK
- 19:30-20:25 BodyPUMP

**SATURDAY**

**Studio 1**
- 08:30-09:25 Fight Klub BagBox
- 09:30-10:25 Ultimate Bootcamp

**Studio 2**
- 09:30-10:30 Kidz Fit N Fun 4-9yrs
- 10:30-11:15 Kidz Street Dance 8yrs+

**SUNDAY**

**Studio 1**
- 09:30-10:15 BodyCOMBAT
- 10:30-11:25 BodyBALANCE

**Studio 2**
- 09:30-10:25 Fight Klub BagBox
- 10:30-11:25 Dancefit

**Pool**
- 11:00-11:45 Aquanatal
- 14:00-14:45 LiveBetter Aqua

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**Cardio**
These classes are cardio based, designed to increase fitness levels.

**Strength**
These classes are designed to make you stronger, using weights, other equipment or just your own bodyweight to increase your metabolism.

**Cardio & Strength**
Containing a mixture of Cardio and Strength for added variety.

**LiveBetter**
Suitable for anyone over 50 or returning from injury focusing on improving strength, fitness and flexibility.

**Mind and Body**
Unwind with a relaxing mind and body class. These classes are slower in pace and will help to strengthen and stretch your body.

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* Booking your class in advance is strongly advised. Members can book online 8 days in advance or 7 days in advance by phone or in reception.

* We advise you to book in for your class at reception at least 10 minutes before the class starts. Late arrivals will not be permitted.

* You must book in prior to attending class a receipt will be issued to you which you must give to your instructor on entry to the class.

* If you need to cancel a space in a pre-booked class please inform us by telephone or email at least 3 hours before the class starts.

* Please ensure you wear the appropriate clothing and footwear and drink plenty of fluids to stay hydrated.

* Do not enter the studio until the instructor is present.

* Do not reserve spaces or equipment for others in our spin or aerobics studio.

* Everybody reserves the right to choose their own space/bike if available, we will remove belongings from our equipment if we believe this is the case.

* Mobile phones must be placed on silent or turned off throughout the class.

* No bags are allowed in the studios, they must be stored in a locker.

* To attend a class you must be aged 14 or over unless the class contains the usage of weights for which you need to be aged 16 or over.
Class Descriptions

**BodyStep™** - A full body cardio workout using a step to really tone your butt and thighs.

**BodyBalance™** - This is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling calm and centered.

**BodyPump™** - The original barbell class that will sculpt and strengthen your whole body.

**BodyCombat™** - An energetic class inspired by Martial arts to give a high cardio workout.

**BodyAttack™** - This high energy interval class combines athletic aerobic movements with strength exercises which will improve general endurance and burn a lot of calories.

**Legs Bums & Tums** - Classes concentrate on those three key areas of your body using exercises that tones, lifts and burns calories. So if you want great-looking legs, a firmer bum and a tighter tummy aim to attend this class two to three times a week.

**LBT Step** - As above but using a step in this class to add variety and intensity to the workout.

**Total Tone** - Total Tone is a class that uses weights as well as body weight exercises to strengthen the entire body. This class is aimed at people who want to tone up, lose weight and get fit and it caters for all fitness levels.

**Dancefit** - This class is a great combination of dance and aerobics. It's simple, easy to follow and calorie burning. Dancefit is set to great music that'll make it hard not to dance and have fun!

**Awesome Abs** - This class will help you firm and tone your abs. Get stronger abdominals and a healthy back using a variety of floor exercises.

**Pilates** - A slower paced body conditioning and technique focused class used to develop and maintain a strong, balanced body.

**Yoga** - Creates wellbeing and calm by using simple breathing techniques. Reduce stress and tension in this class alongside improving muscle tone and flexibility.

**Fight Klub 'Bag Box'** - New fitness class which taking the UK by Storm. The workout involves punching and kicking a freestanding bag bag to music. Not only is it intense and fun but the atmosphere generated in the classes is unbelievable.

**Fight Klub Bootcamp** - All the moves of Fight Klub bagbox with more circuit style conditioning exercises.

**AquaFit** - An aerobic workout in the pool to challenge your cardiovascular system and build muscle tone to improve overall fitness.

**Zumba** - Fuses fun hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Get ready to join the party!

**Aquanatal** - A 45 minute class in the pool designed for pregnant women. Classes are varied each week with specific exercises tailored to your needs. Aquanatal classes are ideal if you want to Keep active during pregnancy and move around with ease in the water and is also a great opportunity to meet other pregnant women in your area.

**Ultimate Bootcamp** - Boot Camp classes use a wide variety of interval training, including lifting weights/objects and plyometrics. You can expect to increase your strength and fitness levels. You may work in groups or pairs so this is the ideal class to bring a friend/s or family member to.

**Kidz Fit N Fun** - 45 minutes of pure fitness fun. An action packed session to develop coordination, strength and general fitness. Lots of games, team work and basic sports skills.

**Kidz Street Dance** - A fun 45 minute Street Dance class for kids. Developing coordination and flexibility whilst building self-confidence and encouraging creativity.

**Spin** - Our spin classes offer energizing, cycling-inspired group exercise training with expert coaching and exhilarating music. It is truly a fantastic cardiovascular class.

**RPM** - is an indoor cycling class, set to the rhythm of motivating music. Learn the basic cycling moves and control your own resistance levels and sprint speed so you can build up your training level over time.

**LiveBetterAQUA** – A water based exercise class specifically designed for people with joint and mobility problems and for those who require a lower intensity. There are opportunities for progression within the class.

**LiveBetter Aero** - An aerobics based class aimed at those who require lower impact but have reasonable mobility.

**Clubbercise** - Clubbercise® is an easy-to-follow dance workout using flashing glow sticks set to a soundtrack of uplifting club anthems from 90s classics to the latest chart hits.

**Active for Life** - A circuit based class which provides safe and supported physical activity for people with different fitness levels, physical abilities and medical conditions. This class is also a Phase 4 Cardiac prevention and rehab class.

**LiveBetter Chair** - A circuit based seated exercise class with non-seated elements enabling progression. This class is designed specifically for people with low mobility with the aim of improving movement, to aid and enhance daily life activities and for weight management.

Book classes online at www.yourleisure.uk.com
Tel: 01843 226221

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