

KEY TO TYPES OF EXERCISE CLASSES

Aerobic

50+ Aerobics	Aerobics is ideal to improve fitness and burn calories. Easy to learn fun movement to music.
Low Impact Aerobics	Low impact, fun routines and toning exercises for all abilities.
Salsa Aerobics	This class combines easy to learn Latin dance moves into a fun aerobic workout.
Tap Aerobics	Aerobic based tap class.
Line Dancing	An aerobic workout, featuring Line Dancing choreography.
BODYJAM™	Is the Cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class.

Toning

Hoola and Tone	Using a weighted hoop to burn and tone your waistline, suitable for all fitness levels.
Studio Resistance	This unique group-toning workout will shape and strengthen your body, set to energising music using free weights and floor exercises.
Bums, Legs & Tums	A conditioning and toning class that focuses on core work, legs & abdominals.
Stability Ball	Ever wanted to learn how to use the stability ball, a unique toning and core strength class on the ball.
Belly Dance & Tone	Shake those hips, wiggle your butts, a fun way to burn those calories with basic Belly Dance moves & Toning section. Wow!
Step & Tone	Using a Reebok Step - It's a good, hard, cardio workout with a 15 min tone up section.

The Revolution - Group Indoor Cycling

Progression	A 45 minute, high intensity class, uphill climbs then downhill glides.
--------------------	------------------------------------------------------------------------

Circuit Training

Circuit Training	Circuit training is simple to follow and an ideal way to get and stay fit. Just work at your own pace.
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. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

Mind & Body

Pilates	Improve posture, strength, flexibility and boost energy leaving your body and mind in balance.
BODY BALANCE™	is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
Weight Management	A fun activity session which encourages people to make friends whilst exercising. Tuesdays session includes a general weigh in and regular BMI checks. Thursdays - Just a good workout for all fitness levels.
Healthy Lifestyles	Activity mornings 2 hour mix & match from Badminton, Squash or a Gym session. Mix all this in with a mid-morning social and a tea/coffee to finish.

Aqua

Aqua Fit	Ultimate low impact workout and total body toning. A refreshing form of exercise only water can provide. It is also an excellent first class to try if you are new to exercise.
Aqua Aerobics	A slightly higher intensity water based class for a total body workout.
Deep Water Aqua	An aqua based class for fitness & toning. Deeper water increases core strength and muscular demands.
Swim for Health	A great structured swim session for all abilities.

Bridlington Leisure World & Bridlington Sports Centre

Exercise Class Programme



East Riding of Yorkshire Council will, on request, provide this document in Braille or large print.

If English is not your first language and you would like a translation of this document, please telephone (01482) 393939

Bridlington Leisure World, The Promenade, Bridlington YO15 2QQ
Telephone: (01262) 606715 Fax: (01262) 673458

www.bridlingtonleisureworld.co.uk

PD31



EAST RIDING
OF YORKSHIRE COUNCIL

BRIDLINGTON LEISURE WORLD FITNESS CLASS PROGRAMME 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	Body Balance 9.15 - 10.15am	Studio Resistance 9.15 - 10.15am	Circuit Training 9.15 - 10.00am	Salsa Aerobics 9.15 - 10.00am	Pilates 9.15 - 10.00am	Spinning 9.00 - 10.00am	Body Combat 9.45 - 10.45am
	Aqua fit 10.15 - 11.00am	Weight Management 10.00 - 11.30am SH	Healthy Lifestyles 10.00- 12.00 pm SH	Line Dancing (Beginners) 10.15 - 11.00am	Healthy Lifestyles 10.00- 12.00 pm SH		
	Healthy Lifestyles 10.00 - 12.00am SH	Tap Aerobics (Advanced) 10.30 - 11.15am	Salsa Aerobics 10.15 - 11.00am	Weight Management 10.15 - 11.00am SH	Aqua fit 10.15 - 11.00am		
	Low Impact Aerobics 10.15 - 11.00am		Aqua fit 10.15 - 11.00am	Tap Aerobics (Beginners) 11.15 - 12.00pm	50+ Aerobics 10.15 - 11.00am		
		Line Dancing (Advanced) 11.30 - 12.15pm			Body Jam 11.15 - 12.00pm		
AFTERNOON CLASSES		Hoola and Tone 1.15 - 2.00pm	Body Balance 1.15 - 2.15pm		Swim for Health 11.15 - 12.00pm		
EVENING CLASSES	Pilates 5.15 - 6.15pm	Stability Ball 5.15 - 6.00pm	Pilates 5.15 - 6.15pm				
	Body Jam 6.15 - 7.15pm	Hoola and Salsa Aerobics 6.15 - 7.15pm	Step & Tone 6.15 - 7.15pm	Belly Dance & Tone 6.00 - 7.00pm SH	Pilates 5.45 - 6.45pm		
	Bums, Legs & Tums 6.30 - 7.30pm SH	Body Combat 7.15 - 8.15pm	Bums, legs & Tums 7.15 - 8.00pm	Aqua Aerobics 6.15 - 7.00pm	Studio Resistance 6.15 - 7.15pm		
	Indoor Cycling Progression 7.30 - 8.15pm	Body Balance 8.15 - 9.15pm	Indoor Cycling Progression 8.15 - 9.00pm	Body Combat 6.15 - 7.15pm			
	Deep Water Aqua 8.15 - 9.00pm			Step & Tone 7.15 - 8.15pm			

KEY TO TYPES OF EXERCISES

Mind & Body

Aerobic

Cycling

Toning

Circuit

Aqua



Located at
Sports Hall

Located at Bridlington Sports Centre,
Gypsy Road, Bridlington. (01262) 678077
www.bridlingtonsportscentre.co.uk