

Workout Class Descriptions

Aqua Aerobics

A refreshing alternative to traditional aerobics, with minimal impact. This class offers both cardiovascular and muscular gains by using the natural resistance of the water.

Aerobics

A high intensity, high-energy group based class designed to get your heart pumping and your feet moving! Uses high, moderate and low impact moves designed to burn calories and improve aerobic fitness. A muscular conditioning segment complements the class to tone muscles.

Body Attack

BODYATTACK™ is a simple, high-intensity group exercise-to-music class that's fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.

Body Combat™

A combination of moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo. Up beat music and choreographed moves make this an hour-long energetic routine raising fitness levels throughout the whole body, while reducing fat and cholesterol.

Body Pump™

A fantastic class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch.

Body Balance

A mind/ body training class combining the best of Eastern disciplines, like Yoga and Tai Chi, with popular new methods such as Pilates and Feldenkrais. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

Body Jam

The world's greatest dance-party - a new generation fitness class that unlocks everyone's rhythmic and dancing instincts. With the emphasis as much on having fun as breaking a sweat, BODYJAM® is an addictive fusion of dance and aerobic moves. The blend includes the latest sounds of hip-hop, funk and Latin music, together with the coolest sounds currently topping the charts. Have fun whilst getting fit!

Ballet (Age 3+ and 5+yrs)

Teacher lead activities introduce the basic elements of dance including rhythm and time, movement qualities and dynamics, space, and use of the body. Students will be able to explore their own movement within the age appropriate creative structure of the class while gaining confidence and body awareness.

Cheerleading

This class teaches the basics of cheerleading including arm motions, jumps. For fun, some cheers and dances will be learned.

Circuits

Challenge yourself with this action-packed strength and cardio workout that will keep you on your toes. Led by a qualified instructor, participants perform a series of exercises using free weights, skipping ropes and body weight to improve both lower

and upper body strength, agility, abdominal strength, and flexibility.

Core Ball

A class designed to tone and firm all muscle groups, improving core strength (abs/back) using core balls (provided).

Fitness Pilates

Fitness Pilates is group fitness based Pilates programme using the exercises and techniques from the original Pilates exercises and marries them with up to date training ideas, exercises and class plans. The programme is not a remedial or diagnostic class it is a holistic, well-rounded class designed to fit in with other exercise and lifestyle regimes.

Legs, Bums, Tums

Warm up and then tone, tone, tone! Exercises performed on specific muscle groups to tone the body.

Line Dancing

Step-by-step instruction of line dances Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more.

Over 50's Aerobics

Our range of over 50's fitness sessions are uniquely designed to address your changing body's needs and to inspire you to get in the best shape of your life.

Return to Fitness

A very gentle exercise class if you are trying to get fitter and healthier as a beginner or returnee. This class is also designed for people who are completing Activity for Life or Healthy Lifestyles programmes.

Street Jazz / Streetdance

A combination of choreographed routines such as hip-hop, funk and jazz. Set to all the latest music releases.

Step

Learn the basics and work up a sweat with fun step moves that burn lots of calories and keep your mind focused on FUN! If you love step, this class is for you!

Taster

An introductory 15-minute session to show you the basic moves for Body Pump and Body Combat. Essential if you haven't done these classes before.

Yoga

Improve flexibility, static strength and body awareness. Incorporates varied methods like Ashtanga and Hatha Yoga. Hatha Yoga Classes may involve an element of hands on physical adjustment to ensure joints and muscles are aligned correctly.

Zumba

Forget the workout join the party! Zumba is an aerobic exercise inspired by Latin Dance. Zumba fuses together hypnotic rhythms and easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got a Zumba® class!

Bamber Bridge Leisure Centre
Brindle Road, Bamber Bridge, Preston PR5 6YJ

Telephone: (01772) 322012

Leyland Leisure Centre
Lancastergate, Leyland, PR25 2EX

Telephone: (01772) 432285

Penwortham Leisure Centre
Crows Hill Road, Penwortham, Preston PR1 0JE

Telephone: (01772) 747272

South Ribble Tennis & Fitness Centre
Cuerden Way, Bamber Bridge, PR5 6BJ

Telephone: (01772) 620421

Web: www.southribbleleisurecentres.com

*depending on Membership type

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.



Membership
feels
great...

- No Joining fee
- No Contract*
- 10 Day Money back Guarantee
- Ability to Freeze
- Fixed Price for Life*

Workout Timetable

1st January - 31st March 2010



workout
relax
you
choose



Bamber Bridge Leisure Centre

Time	Activity	Level	Area	Price
Monday				
18.00-19.00	Body Pump	16yrs+	Workout Studio	£4.20
19.00-20.00	Body Combat	16yrs+	Workout Studio	£4.20
20.00-21.00	Body Balance	16yrs+	Workout Studio	£4.20
Tuesday				
10.00-11.00	Body Pump	16yrs+	Workout Studio	£4.20
18.00-19.00	Body Combat	16yrs+	Workout Studio	£4.20
19.00-20.00	Aerobic & Toning	16yrs+	Workout Studio	£3.90
20.00-21.00	Body Jam	16yrs+	Workout Studio	£4.20
Wednesday				
10.00-11.00	Body Combat	16yrs+	Workout Studio	£4.20
12.00-12.45	50+ Aqua Aerobics	50yrs+	Pool	£2.60
17.45-18.45	Body Pump NEW TIME!	16yrs+	Workout Studio	£4.20
19.00-20.00	Circuit Training	16yrs+	Workout Studio	£3.90
19.00-20.00	Aerobics	16yrs+	Workout Studio	£3.90
20.00-21.00	Body Combat	16yrs+	Workout Studio	£4.20
Thursday				
10.00-11.00	Yoga	50yrs+	Workout Studio	£3.50
17.00-18.00	Street Jazz	11yrs+	Workout Studio	£2.80
18.00-19.00	Legs, Bums & Tums NEW!	16yrs+	Workout Studio	£3.90
19.00-20.00	Body Balance	16yrs+	Workout Studio	£4.20
20.00-21.00	Body Jam	16yrs+	Workout Studio	£4.20
Friday				
11.30-12.30	50+ Aerobics	50yrs+	Workout Studio	£2.60
Saturday				
09.15-10.15	Body Combat	16yrs+	Workout Studio	£4.20
10.15-11.15	Body Balance	16yrs+	Workout Studio	£4.20
11.15-12.15	Body Jam	16yrs+	Workout Studio	£4.20
Sunday				
16.00-17.00	Body Pump	16yrs+	Workout Studio	£4.20
18.00-19.00	Circuits	16yrs+	Sports Hall	£3.90

The Workout Studios at Bamber Bridge Leisure Centre & Leyland Leisure Centre are available for private hire. Please contact reception for booking information.

*Creche available at these times South Ribble Community Leisure reserves the right to change or cancel classes at short notice if the need arises.

Booking Classes: Booking classes is recommended to avoid disappointment, please book at reception.

(£) Additional cost applies to Isospa members.

Leyland Leisure Centre

Time	Activity	Level	Area	Price
Monday				
09.45-10.00	Body Combat Taster	16yrs+	Workout Studio	Free
10.00-11.00	Body Combat*	16yrs+	Workout Studio	£4.20
11.00-12.00	Ball & Tone NEW!	16yrs+	Workout Studio	£3.90
12.00-13.00	Aqua Aerobics	16yrs+	Pool	£2.70
14.00-15.30	Line Dancing	16yrs+	Workout Studio	£3.00
18.00-19.00	Dance Aerobics NEW!	16yrs+	Workout Studio	£3.90
19.00-20.00	Legs, Bums & Tums	16yrs+	Workout Studio	£3.90
19.00-20.30	Yoga £££	16yrs+	Activity Room	Course
20.00-21.00	Step	16yrs+	Workout Studio	£3.90
Tuesday				
10.00-11.00	Body Balance*	16yrs+	Workout Studio	£4.20
12.00-13.00	Gentle Yoga	16yrs+	Workout Studio	£3.50
13.00-14.00	Aerobics	50yrs+	Workout Studio	£2.60
18.00-19.00	Body Attack	16yrs+	Workout Studio	£4.20
19.00-20.00	Body Combat	16yrs+	Workout Studio	£4.20
20.00-21.00	Body Balance	16yrs+	Workout Studio	£4.20
20.10-21.10	Circuits	16yrs+	Sports Hall	£3.90
Wednesday				
10.00-11.00	Easy Aerobics*	16yrs+	Workout Studio	£2.70
18.00-19.00	Legs, Bums & Tums	16yrs+	Workout Studio	£3.90
19.00-20.00	Pilates NEW!	16yrs+	Activity Room	£4.20
19.00-20.00	Body Attack	16yrs+	Workout Studio	£4.20
19.00-20.00	Aqua Aerobics	16yrs+	Pool	£3.90
19.45-20.45	Circuits	16yrs+	Sports Hall	£3.90
20.00-21.00	Zumba NEW!	16yrs+	Workout Studio	£4.20
Thursday				
10.00-11.00	Body Pump	16yrs+	Workout Studio	£4.20
12.00-13.00	Pilates	16yrs+	Workout Studio	£3.50
13.30-14.30	Aerobics	50yrs+	Workout Studio	£2.60
18.00-19.00	Body Pump	16yrs+	Workout Studio	£4.20
19.00-20.00	Body Combat	16yrs+	Workout Studio	£4.20
20.00-21.00	Body Attack	16yrs+	Workout Studio	£4.20
20.10-21.10	Circuits	16yrs+	Sports Hall	£3.90
Friday				
10.00-11.00	Legs, Bums & Tums*	16yrs+	Workout Studio	£3.90
11.00-12.00	Body Combat	16yrs+	Workout Studio	£4.20
12.00-13.00	Body Balance	16yrs+	Workout Studio	£4.20
12.00-13.00	Aqua Aerobics	16yrs+	Pool	£2.60
16.15-17.00	Ballet	3yrs+	Workout Studio	£2.80
17.00-17.45	Ballet	5yrs+	Workout Studio	£2.80
18.00-19.00	Body Combat	16yrs+	Workout Studio	£4.20
19.00-20.00	Aqua Aerobics	16yrs+	Pool	£3.90
Saturday				
09.45-10.45	Body Attack NEW TIME!	16yrs+	Workout Studio	£4.20
10.45-11.30	Cheerleading	6yrs+	Workout Studio	£2.80
Sunday				
17.15-18.15	Body Combat	16yrs+	Workout Studio	£4.20
18.15-19.15	Body Pump	16yrs+	Workout Studio	£4.20
19.10-20.10	Circuits	16yrs+	Sports Hall	£3.90

If you have any queries or suggestions towards the workout timetable please contact emelina.almond@leisure.serco.com

Penwortham Leisure Centre

Time	Activity	Level	Area	Price
Monday				
10.00-11.30	Yoga	50yrs+	Squash Court	£3.60
10.30-11.30	Aqua Aerobics*	16yrs+	Pool	£2.60
18.00-19.00	Body Combat NEW TIME!	16yrs+	Gymnasium	£4.20
19.00-20.00	Aqua Aerobics	16yrs+	Pool	£3.90
Tuesday				
10.15-11.15	Legs, Bums & Tums*	16yrs+	Squash Court	£3.60
12.30-13.30	Aerobics inc swim	50yrs+	Pool	£2.60
13.30-14.30	Aerobics inc swim	50yrs+	Pool	£2.60
19.00-20.00	Aerobics	16yrs+	Gymnasium	£3.90
Wednesday				
17.45-18.45	Step NEW TIME!	16yrs+	Gymnasium	£3.90
18.50-19.50	Circuits	16yrs+	Gymnasium	£3.90
Thursday				
18.00-19.00	Body Combat	16yrs+	Gymnasium	£4.20
19.15-20.15	Circuits	16yrs+	Gymnasium	£3.90
19.30-20.15	Aqua Aerobics	16yrs+	Pool	£3.90
Friday				
10.30-12.00	Yoga	50yrs+	Squash Court	£3.50
Saturday				
10.00-11.00	Cheerleading	4-8yrs	Gymnasium	£1.50 <small>Trial Price</small>
Sunday				
10.30-11.30	Body Combat NEW!	16yrs+	Gymnasium	£4.20
17.15-18.15	Circuits	16yrs+	Sports Hall	£3.90

South Ribble Tennis and Fitness Centre

Time	Activity	Level	Area	Price
Tuesday				
18.30-20.00	Hatha Yoga	16yrs+	Yoga Studio	£4.80
20.00-21.30	Hatha Yoga	16yrs+	Yoga Studio	£4.80
Thursday				
19.00-20.30	Hatha Yoga	16yrs+	Yoga Studio	£4.80
Friday				
17.00-18.30	Hatha Yoga	16yrs+	Yoga Studio	£4.80