

## Herongate Leisure Group Training Timetable Feb 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09.00-10.00	Body Pump (BJ)				
09.30-10.30		Body Sculpt (E)		Step (S)	Body Conditioning (S)
10:45-11:30			Aqua 45 mins (BJ)		
12:30 - 13:15	TotalTone (M)				
12.45-13.15				BikeIT 30 mins (P)	
13.00-13.30					Body Pump 45 mins (J)
13.00-14.00		Body Balance (BJ)	BikeIT 45mins (N)	Body Balance (N)	
13.30-14.30	Body Balance (N)				
17.30-18.30	Cardio Blitz (L)	Step (S)	Body Conditioning (S)		BikeIT 45 mins (P)
18.00-19.00				Body Pump 45 mins (BJ)	
18.30-19.30	BikeIT 45 mins (P)	Cardio Blitz (BJ)			
19:00- 20:00			Circuits (LU)		
19.30-20.30	Aqua 45 mins (BJ)	Body Balance (BJ)	Aqua 45 mins (BJ)		

<b>Body Balance</b>	A Holistic fitness programme designed to tone, relax and renew	N= Natalie	LU= Luke
<b>Body Conditioning</b>	Designed to tone and sculpt the entire body, working the key muscles	M = Maria	S= Sue
<b>Aqua</b>	Water based aerobics for all levels	L= Lizzie	P = Pete
<b>Circuits</b>	Instructor led multi purpose station workout	BJ= Bee Jacks	J = Jay
<b>Step</b>	Step aerobics for all levels	E = Emma	
<b>Cardio Blitz</b>	Aerobics for all abilities		
<b>Body Pump</b>	The fastest way to shape up and lose body fat - toning and conditioning class with weights		
<b>BikeIT</b>	Either a 30 minute or 45 minute interval training indoor cycle. Mixed ability.		
<b>Total Tone</b>	A 25 minute aerobic workout followed by toning of bums, legs, tums and thighs		
<b>Body Sculpt</b>	A low impact aerobic workout followed by toning to sculpt the whole body		

Please book your space at reception, online at [herongateleisure.com](http://herongateleisure.com) or call 01488 682000 - Don't forget to check-in to your class on arrival!

Please call to cancel the class if you can't make it to allow another member to participate in the class - thank you.

*Non members can only book space on class 48 hours prior to day of class*