

## class descriptions...

### Workout to group fitness!

#### Dance Classes

**Belly Dancing** - Traditional Egyptian Dance with clothes on! A great alternative way of keeping fit and having fun for everyone.

**Tap Dancing** - A fun lively way to dance and exercise. Every month we change the routine.

**Line Dancing** - These extremely popular instructor led choreographed dance routines are suitable for men and women of all ages.

**Salsa Dancing** - Salsa mixes African and European dance influences through music and dance infusions, it is sexy and sensuous and is a fantastic way to dance yourself fit.

**Salsacise** - Get ready to wiggle those hips with these sexy sassy salsa moves! Fantastic fun guaranteed to get you moving!

**Zumba** - This is the latest dance fitness craze using merengue, Cumbia, Salsa, Samba and Reggaeton music and dance moves. It is set to get your heart pumping and your feet tapping.

**Zumbacise** - A more gentle approach to the traditional Zumba session

#### Toning Classes

**Body Tone** - All over toning using weights, Stretchy bands, and your own body weight, all problem areas tackled to make you look gorgeous!

**Body Sculpt** - This class uses adjustable barbells and weight to tone, strengthen and condition the whole body.

**Fab Abs, Core and Stretch** - Tone those waistlines with a workout focusing on the abdominal and dorsal muscles. Strong abs and core muscles not only look good but they protect your back for developing problems. Specific stretches for the back and neck will help to relax muscles and distress before you go home.

**Legs Bums Tums** - An all time favourite A great conditioning class that will help you to achieve those lustful legs and bums that you've always wanted!

#### Calorie Burners

**Kick Box Cardio Blast** - Dynamic class that is guaranteed to get your heart pumping! Suitable for both men and women.

**Body Attack** - A BTS cardio-vascular programme involving interval training that incorporates aerobics and strength. This dynamic class provides great motivation and is an easy to follow calorie munching workout!

**Aerobics** - A low or high impact class for those who enjoy less choreography and great music!

**20/20/20** - If you get bored doing one thing for too long this class is for you! 20 minutes aerobics, 20 minutes conditioning and 20 minutes abs and stretch will keep you interested!

**Studio Cycling** - This is a high energy, calorie burning cardiovascular Indoor cycling workout that is set to vibrant music - phew!

**Outbox** - Outbox has been specifically developed for the Fitness Industry, you will learn boxing skills from basic punches and combinations to self defence, footwork and skipping

**Boot Camp** - Warning! This session is for people who are serious about getting fit! Designed for men and women of all shapes, sizes and fitness levels.

**Cycle Pump** - The ultimate way to get fit and lose weight! 25 minutes cycling, 25 minutes toning with weights

**Vibe** - New indoor cycling concept to hit the UK. This class is for all lovers of Music, Rhythm and indoor cycling - Get fit to the beat!

#### Specialised Classes

**Cardiac Rehabilitation Circuit** - Specifically designed for heart patients. By referral from the hospital or GP only.

**Stroke Rehabilitation** - Specifically designed for Stroke patients. By Referral only.

**MS Rehabilitation** - Specifically designed for Multiple Sclerosis patients. By referral only.

#### Other Classes...

**Hatha Yoga** - This is the most popular system of yoga, it achieves balance between body and mind through physical poses, breathing techniques and meditation.

**L50** - These classes are specifically designed to help keep adults who are young at heart in tip top shape.

**Pilates** - The original authentic mat-work exercise that gives you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.



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Fitness @ Stevenage  
Stevenage Arts & Leisure Centre  
Lytton Way, Stevenage, Herts SG1 1LZ

01438 242 605

fitness@stevenage-leisure.co.uk

Stevenage  
BOROUGH COUNCIL

www.stevenage-leisure.co.uk

24 hour Customer Information Line: 0300 012 0300

We put maximum effort in to you,  
to get maximum effort out of you.

Classes are correct at time of printing but may be subject to change. Please check with the centre before attending.

Time	Class	Instructor	Location	Time	Class	Instructor	Location
<b>Monday</b>				19.00 - 20.00	Vibe	Sam	Studio Two
10.00 - 11.00	Pilates*	Rachel	Studio One	20.00 - 21.00	Zumbacise	Stephen	Studio One
11.00 - 12.00	Leisure 50's	Jean	Studio Two	<b>Thursday</b>			
11.00 - 12.00	Pilates*	Rachel	Studio Two	09.30 - 10.30	Cycle Pump	Lisa	Studio Two
12.10 - 12.50	Fab Abs, Core & Stretch	Kelly	Studio One	10.00 - 11.00	Tap Dancing	Stephen	Studio One
14.00 - 15.00	Cardiac Rehab	Hannah	Studio One	11.00 - 12.00	Leisure 50's	Issy	Studio One
17.30 - 18.30	Circuit Training	Hallam	Main Hall	12.10 - 13.10	Line Dancing	Kath	Studio One
18.00 - 19.00	Salsacise	Tom	Studio One	13.30 - 14.30	MS Rehab	Rachel	Studio One
18.00 - 19.00	Body Sculpt	Lisa	Studio Two	14.30 - 15.30	Stroke Rehab	Chris	Studio One
19.00 - 20.00	Body Attack	Lisa	Studio One	18.00 - 19.00	Body Attack	Lisa	Studio One
19.00 - 20.00	Studio Cycling	Hallam	Studio Two	18.00 - 19.00	Studio Cycling	Hallam	Studio Two
20.00 - 21.00	Hatha Yoga	Debbie	Studio One	19.00 - 20.00	Body Tone	Juanita	Studio One
<b>Tuesday</b>				19.00 - 20.00	Studio Cycling	Hallam	Studio Two
09.30 - 10.30	Body Sculpt	Lisa	Studio Two	<b>Friday</b>			
10.00 - 11.00	Zumbacise	Stephen	Studio One	09.30 - 10.30	Belly Dancing	Bridget	Studio One
10.00 - 11.30	Line Dancing	Kath	Main Hall	11.30 - 12.30	Cardiac Rehab	Juanita / Allan	Studio One
11.00 - 12.00	Leisure 50's	Kelly	Studio One	12.30 - 13.30	Zumba	Charlotte	Studio One
12.10 - 12.50	LBT	Kelly	Studio One	17.30 - 18.30	Circuit Training	Hallam	Main Hall
13.00 - 14.00	Outbox	Chris	Studio One	18.00 - 19.00	Body Sculpt	Faye	Studio Two
18.00 - 19.00	Pilates	Sophia	Studio One	<b>Saturday</b>			
18.00 - 19.00	Studio Cycling - Intermediate	Hallam	Studio Two	10.00 - 11.00	Body Sculpt	Faye	Studio Two
19.00 - 20.00	Aerobics	Juanita	Studio One	11.00 - 12.00	Studio Cycling	Hallam	Studio Two
19.00 - 20.00	Studio Cycling - Advanced	Hallam	Studio Two	<b>Sunday</b>			
20.15 - 21.00	Beginners Salsa Dance	Tom	Studio One	10.00 - 10.45	Studio Cycling	Hallam	Studio Two
21.00 - 22.00	Progression Salsa Dance	Tom	Studio One	10.00 - 11.00	20-20-20	Faye	Studio One
<b>Wednesday</b>				11.00 - 12.00	Kick Box Cardio Blast	Hallam	Studio One
07.00 - 07.45	Studio Cycling	Hallam	Studio Two	<b>*Please contact regarding these classes as they are part of a course.</b>			
09.30 - 10.30	Salsacise	Tom	Studio One	<b>PLEASE NOTE</b>			
10.00 - 11.00	Hatha Yoga	Debbie	Studio Two	<ul style="list-style-type: none"> <li>To avoid disappointment it is advised that classes are pre-booked. Members can book 2 weeks in advance, non-members can book 3 days in advance.</li> <li>2 hours cancellation notice is needed.</li> <li>Failure to attend without notice will result in a charge. Members will be charged at a Non-member rate.</li> </ul>			
11.00 - 12.00	Pilates*	Rachel	Studio Two	Classes can be booked at reception or by phone on 01438 242 605.			
12.10 - 12.50	Zumba Tone	Charlotte	Studio One				
14.00 - 15.00	Cardiac Rehab	Juanita / Allan	Studio One				
17.30 - 18.30	Circuit Training	Hallam	Main Hall				
17.30 - 18.30	Pilates	Sophia	Studio One				
18.00 - 19.00	Body Sculpt	Faye	Studio Two				
18.30 - 19.30	Boot Camp	Tom/Stu	Main Hall				
19.00 - 20.00	Kick Box Cardio Blast	Hallam	Studio One				