

Class Descriptions

Aqua Fit

A wonderful way to exercise in the main pool using the water as resistance.

Aqua Zumba



Known as the Zumba 'pool party' enjoy an invigorating fun workout through splashing, stretching, twisting, shouting and laughing! Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Boot Camp

This class will be an intensive workout changing with the seasons.

Winter - Snow Sports Fit
Summer - Bikini Fit

Boxercise

Great way to get fighting fit! Using boxing techniques this class will increase the strength in your arms, shoulders, chest and back.

Circuit Training

A fun and challenging mix of cardiovascular and resistance exercises to give an all over body workout.

Deep Aqua Fit

Exercising in deep water using the water as resistance and aqua belts to help maximise full range of movement. Water confidence in deep water is essential to participate in this class.

Fit 2 Condition

Good for all levels, a low impact, no co-ordination, total body workout.

Fit 2 Condition & Tone

A combination of body conditioning and floor work toning.

Fit 2 the Core

Good for all levels, integrating Pilates into fitness working on the core strength, balance and stability.

Fit 2 Funk

A combination of dance and aerobic moves fused together for a cardiovascular workout with some toning thrown in.

Fitness Yoga

Fitness Yoga focuses on core flexibility and movement.

Kinesis

Using our revolutionary KINESIS equipment will improve your total body movement, burning 30% more calories than traditional exercise machines.

If you would like to find out more - book your FREE KINESIS taster session NOW!

Legs, Bums & Tums

These classes use a variety of exercises to tone and shape your lower body.

Pilates

A unique blend of exercises taken from Yoga, Pilates and Callanetics combined in an easy to follow class suitable for all that will leave you feeling energised, stretched and relaxed.

Pole Perfect

Pole perfect is an excellent exercise for upper body strength. It will tone and sculpt your shoulders and arms as well as the thighs - giving you a whole new body shape!

Primetime Fitness

A gentle stretching aerobic class for the over fifties that is suitable for all abilities.

Primetime Gentle Fitness

A fun session of movement to music of the 50's and 60's. Rhythmic movement to music to improve stretch and balance.

Salsa Fit

Salsa Fit is a new and different form of aerobics that combines the art of Salsa Dancing with aerobic exercise. Suitable for all levels and abilities.

Simply Active

This is a low impact circuit training class, ideal for those with high blood pressure, wish to continue their cardiac rehabilitation or who have a low fitness level.

Simply Aqua

A fun basic level water based class ideal for people rehabilitation from injury, illness, surgery or for anyone simply looking for a gentle safe introduction to exercise in water.

Spinning

Spinning is a great way to work out - toning and burning loads of calories whilst working at your own level of fitness!

Step Aerobics

Is a great form of exercise and fun to tone and condition your lower body.

Swim Clinic



This session is designed for people wishing to improve their swimming stroke with the aim of increasing efficiency and fitness.

Swim Fit (Level 1)



For swimmers wishing to improve technique and distance.

Swim Fit (Level 2)

For swimmers capable of swimming 2000m wishing to build and maintain fitness and stamina whilst maintaining a good technique.

Yoga

A gentle form of exercise that relaxes and energises the body and mind and brings vitality, flexibility, strength, concentration, self confidence and mental calm.

Zumba



Zumba Fitness is like no other workout you'll ever experience. Using a selection of basic Salsa, Latin, Samba and Tango steps it's great fun you'll burn loads of calories and is suitable for all.



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Bridport Leisure Centre, Brewery Fields, Bridport, Dorset, DT6 5LN

Tel: 01308 427464

Fax: 01308 456888

facebook.com/bridportleisure

Registered Charity Number 267781

Email: info@bridportleisure.co.uk

Web: www.bridportleisure.co.uk

twitter.com/bridportleisure



Fitness Class Times

January - March 2012



NEW for 2012 Zumba & Spinning for Kids!

Don't forget the
**FREE ADULT ZUMBA ON THE
LAST SUNDAY OF THE MONTH**
10.00am - 11.00am



www.bridportleisure.com

Fitness Classes

		TIME	INSTRUCTOR	LOCATION	ABILITY	
MONDAY	Spinning	7.30 - 8.15	Chris	Studio 1	All Abilities	
	Primetime Fitness	9.00 - 10.00	Ally	Sports Hall	50+ All Abilities	
	Fit 2 Condition	9.00 - 10.00	Tanya	BACIT Studio	Conditioning	
	Spinning	9.15 - 10.00	Luke	Studio 1	All Abilities	
	Simply Aqua*	9.15 - 10.00	Maria	Main Pool	Rehabilitation Class	
	Step Aerobics	10.00 - 11.00	Sabine	BACIT Studio	All Abilities	
	Pilates	10.15 - 11.15	Ally	Studio 2	All Abilities	
	Pilates	11.15 - 12.15	Ally	Studio 2	All Abilities	
	KINESIS (Course)	10.30 - 11.30	Nicky H J	Studio 1	All Abilities	
	Aquafit	11.15 - 12.00	Penny	Main Pool	All Abilities	
	KINESIS (Course)	17.00 - 18.00	Chris	Studio 1	All Abilities	
	Fit 2 Condition & Tone	17.15 - 18.00	Tanya	BACIT Studio	Low Intensity	
	Fit 2 Funk	18.00 - 19.00	Tanya	BACIT Studio	High Intensity	
	Pilates	18.00 - 19.00	Ally	Studio 2	Beginners	
	KINESIS (Course)	18.15 - 19.15	Mike	Studio 1	All Abilities	
	Circuit Training	18.30 - 19.30	John	Sports Hall	All Abilities	
Legs Bums & Tums	19.00 - 20.00	Maia	Studio 2	All Abilities		
Zumba	19.00 - 20.00	Ally	BACIT Studio	All Abilities		
Spinning	19.30 - 20.15	Mike	Studio 1	All Abilities		
Iyengar Yoga	20.00 - 21.30	Alex	Studio 2	All Abilities		
Pole Perfect (Course)	20.15 - 21.15	Ally	BACIT Studio	All Abilities		
TUESDAY	KINESIS (Course)	7.30 - 8.30	Chris	Studio 1	All Abilities	
	Simply Active	8.00 - 9.00	Luke	Pavilion	Rehabilitation Class	
	Simply Active	9.00 - 10.00	Luke	Pavilion	Rehabilitation Class	
	Fit 2 the Core	9.00 - 10.00	Tanya	BACIT Studio	All Abilities	
	Fitness Yoga	9.00 - 10.30	Sam N	Studio 2	All Abilities	
	Spinning	9.00 - 9.45	Ally	Studio 1	All Abilities	
	Fit 2 Condition & Tone	10.00 - 11.00	Tanya	BACIT Studio	All Abilities	
	KINESIS (Course)	10.15 - 11.15	Chris	Studio 1	All Abilities	
	*** Simply Aqua*	11.15 - 12.00	Maria	Main Pool	Rehabilitation Class	
	Fit 2 Condition & Tone	17.15 - 18.00	Tanya	BACIT Studio	Low Intensity	
	Yoga	18.00 - 19.30	Hannah	Studio 2	All Abilities	
	KINESIS (Course)	18.00 - 19.00	Nicole	Studio 1	All Abilities	
	Aqua Zumba	19.00 - 20.00	Charlotte	Main Pool	All Abilities	
	Zumba	19.30 - 20.30	Nicky H J	BACIT Studio	All Abilities	
	Spinning	19.30 - 20.15	James	Studio 1	All Abilities	
	Spinning	20.30 - 21.15	James	Studio 1	All Abilities	
WEDNESDAY	Spinning	8.00 - 8.45	Luke	Studio 1	All Abilities	
	Primetime Gentle Fitness	9.00 - 10.00	Jill	Studio 2	50+ All Abilities	
	Boot Camp	9.00 - 10.00	Tanya	BACIT Studio	Medium Intensity	
	Spinning	9.15 - 10.00	Debbie	Studio 1	All Abilities	
	Zumba	10.00 - 11.00	Ally	Sports Hall	All Abilities	
	Yoga	10.00 - 11.30	Sarah D	BACIT Studio	All Abilities	
	Deep Aquafit*	11.15 - 12.00	Penny	Main Pool	Deep Water Confident	
	NEW Kids Session!	Kids Zumba (Age 10 - 15yrs)	16.00 - 17.00	Debbie	BACIT Studio	All Abilities
	KINESIS (Course)	16.15 - 17.15	Chris	Studio 1	All Abilities	
	Iyengar Yoga	16.45 - 18.15	Alex	Studio 2	All Abilities	
	Zumba	17.15 - 18.15	Ally	Pavilion	All Abilities	
	Spinning	18.15 - 19.00	John	Studio 1	All Abilities	
	Circuit Training	18.30 - 19.30	Ally	Sports Hall	All Abilities	

Fitness Classes

		TIME	INSTRUCTOR	LOCATION	ABILITY	
THURSDAY	Legs Bums & Tums	19.00 - 20.00	Maia	BACIT Studio	All Abilities	
	KINESIS (Course)	20.00 - 21.00	Mike	Studio 1	All Abilities	
	Salsa Fit	20.00 - 21.00	Ally	BACIT Studio	All Abilities	
	Spinning	7.30 - 8.15	Chris	Studio 1	All Abilities	
	Fit 2 the Core	9.00 - 10.00	Tanya	BACIT Studio	Toning	
	Primetime Fitness	9.00 - 10.00	Various	Sports Hall	50+ All Abilities	
	Spinning	9.00 - 9.45	Debbie	Studio 1	All Abilities	
	Pilates	9.30 - 10.30	Ally	Studio 2	All Abilities	
	Simply Active	12.30 - 13.30	Luke	Pavilion	Rehabilitation Class	
	Simply Aqua*	14.00 - 14.45	Maria	Main Pool	Rehabilitation Class	
	Fit 2 the Core	17.15 - 18.00	Tanya	BACIT Studio	All Abilities	
	Boxercise	17.30 - 18.30	Ally	Studio 2	All Abilities	
	Fit 2 Funk	18.00 - 19.00	Tanya	BACIT Studio	Mixed Intensity	
	KINESIS (Course)	18.00 - 19.00	Luke	Studio 1	All Abilities	
	Swim Clinic*	18.00 - 19.00	Virginia	Main Pool	Improvers	
	Pilates	19.00 - 20.00	Ally	BACIT Studio	All Abilities	
Aquafit	19.00 - 20.00	Lu	Main Pool	All Abilities		
Swim Fit (Level 1)	19.00 - 20.00	Virginia	Main Pool	Advanced		
Spinning	19.30 - 20.15	Debbie	Studio 1	All Abilities		
Swim Fit (Level 2)	20.00 - 21.30	Virginia	Main Pool	Elite		
Pole Perfect (Course)	20.15 - 21.15	Ally	BACIT Studio	All Abilities		
FRIDAY	Spinning	7.30 - 8.15	Chris	Studio 1	All Abilities	
	Simply Active	9.30 - 10.30	Luke	Studio 1	Rehabilitation Class	
	Yoga	9.30 - 11.00	Sue	BACIT Studio	All Abilities	
	Fitness Yoga	9.30 - 11.00	Sam N	Studio 2	All Abilities	
	Zumba	11.00 - 12.00	Ally	BACIT Studio	All Abilities	
	Aquafit	11.30 - 12.00	Penny	Main Pool	All Abilities	
	Simply Aqua*	15.00 - 15.45	Maria	Main Pool	Rehabilitation Class	
	Step Aerobics	17.00 - 18.00	Sam N	BACIT Studio	All Abilities	
	Spinning	17.15 - 18.00	Sabine	Studio 1	All Abilities	
	Iyengar Yoga	18.00 - 19.30	Alex	Studio 2	All Abilities	
	Circuit Training	18.30 - 19.30	Richard	Sport Hall	All Abilities	
	SATURDAY	Spinning	9.00 - 9.45	Debbie	Studio 1	All Abilities
		Salsa Fit	9.30 - 10.30	Ally	BACIT Studio	All Abilities
		Spinning	10.00 - 10.45	Debbie	Studio 1	All Abilities
		Legs Bums & Tums	10.30 - 11.30	Ally	BACIT Studio	All Abilities
		KINESIS (Course)	11.00 - 12.00	Nicole	Studio 1	All Abilities
Pole Perfect (Course)		12.00 - 13.00	Ally	BACIT Studio	All Abilities	
SUNDAY		Adult & Kids Spinning	10.30 - 11.15	Charlotte	Studio 1	All Abilities (Adult can only attend with a child)
		Aqua Zumba	9.00 - 10.00	Charlotte	Main Pool	All Abilities

Information

- Ⓞ Classes are subject to availability and can be booked up to 7 days in advance
- Ⓞ There is no need to book for the Aqua Fit and Circuit Training Classes
- Ⓞ Please check in at Reception and obtain a ticket which must be handed to the class instructor
- Ⓞ To help the timetable run to schedule, please arrive 5 minutes before the start of the class
- Ⓞ To attend any of the Fitness Classes you must be 16+ unless otherwise stated
- Ⓞ If you arrive late, please spend a few minutes warming up before joining the pace of the class
- Ⓞ Suitable clothing must be worn for all classes
- Ⓞ Six hours notice of cancellation is required for all bookable activities.
- Ⓞ Charges may be applied if insufficient notice is given or if the activity is not attended. This also applies to Price For Life members.
- Ⓞ Non Members can book from 9.00am seven days in advance providing full payment is made at time of booking.

* Limited places - please book in advance

** Term time only