

<b>THE HEIGHTS LEISURE CENTRE</b>	<b>FITNESS CLASS INFORMATION</b>
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Abs and Back Core Conditioning	Target your torso! Flatten, tone and re-shape your abs. Strengthen core muscles and achieve optimum spinal stabilisation
Back to Basics	A fantastic workout with easy to follow aerobic routines and toning exercises. Ideal for the complete beginner.
BLT Xtra	The complete body workout. This class combines fat burning and toning exercises in an easy to follow format.
Bodysculpt	This inspiring strengthening and toning class combined with core stabilization exercises will help you shift excess body fat and decrease unwanted inches.
Boot Camp	A military-style group fitness workout. Not for the faint-hearted as it takes place outdoors whatever the weather! This class will bring aerobics to another dimension. Fun, energetic, inspiring and motivational. Every four to six weeks this class will change format - Martial Combat, Hi-Lo Aerobics, Street Dance and much, much more! Every month something different. Information on which class is taking place will be advertised well in advance
Cardio Switch	An all-round conditioning class to help improve cardio-fitness whilst helping decrease excess body fat and improving muscle strength and tone
Circuit training	The new wireless arcade-style dance platform craze now taking the country by storm
Dance Mats	The most fun you'll ever have in an aerobics class while burning a serious amount of calories. This class challenges coordination as well as fitness.
Hi-Lo Evolution	Taking traditional aerobics and adding some rhythm, dynamics and flair.
Hi Lo Moves 'n Grooves	Think about the sun, beach and palm trees with this fiery, hot and spicy class loaded with Latino moves.
Salsa Aerobics	Bring out the dancer in you with this streetdance, hip hop themed aerobic workout
Streetdance Aerojam	An energetic cardiovascular workout with exciting step combinations offering layer upon layer of intensity to work up a sweat you'll never forget.
Step Reebok	Feeling exhausted? Do you have tired, stiff, achy muscles? Then this class is for you! Lengthen and stretch those muscles and indulge in some "me" time.
Stretch Express	A great combination of aerobics, bodysculpt and floor work giving you a full body workout. No time to get bored in this class!
20/20/20 Aerobics	
Levels of intensity in aerobics classes	All classes are suitable for all levels of fitness but may vary in complexity. Participants are invited to work at their own level with low impact alternatives incorporated into most sessions

<b>GENERAL CLASS INFORMATION</b>	
	Participants are recommended to arrive promptly as the warm-up section is vital to the safety of the class. The instructor may refuse admission to participants arriving after this section is completed.
	Please inform the instructor of any injuries or medical conditions which may affect participation.
	If you have booked on a busy class your place may be given to another if you are more than five minutes late.
	Correct footwear must be worn in classes for your own safety.
	Absolutely NO CHEWING GUM!
	Please put all bags, coats, etc in a locker to decrease the chance of any health and safety issues.
	Classes may be subject to change.

**THE HEIGHTS LEISURE CENTRE**
**CLASS TIMES AND PRICES FROM APRIL 2009**

Day	Time	Class	Level	Price	Instructor	Crèche
Monday	9.15 to 10.15am	BLT Xtra	All	£4.20	Julie	Yes
	11.15am to 12.15pm	Salsa aerobics	All	£4.20	Kat	Yes
	12.15 to 1pm	Stretch Express		£4.20	Kat	
	6pm to 7pm	Salsa aerobics		£4.20	Lyssa	No
	7pm to 8pm	Streetdance Aerojam	£4.20	Karen		
Tuesday	9.15 to 10.15am	Bodysculpt	All	£4.20	Karen	Yes
	10.15 to 11.15am	HiLo Moves and Grooves		£4.20	Karen	
	11.15am to 12.15pm	Step Reebok		£4.20	Julie	No
	6 to 7pm	Bodysculpt		£4.20	Lyssa	
	6.30 to 7.30pm	Boot camp (meet at reception at 6.15pm)		£4.20	Mike/Wayne	
	7 to 8pm	Salsa Aerobics		£4.20	Karen	
	8 to 8.30pm	Abs and back core conditioning		£2.70	Karen	
Wednesday	9 to 9.30am	Pre-summer abs blast (13 May to 1 Jul)	All	£2.70	Susie	No
	9.30 to 10.30am	Back to Basics	Beg/Int	£4.20	Karen	Yes
	10.45 to 11.45am	20/20/20 Aerobics	All	£4.20	Karen	
	6 to 6.30pm	Abs and back core conditioning		£2.70	Lyssa	No
	6.30 to 7.30pm	Cardio Switch		£4.20	Lyssa	
	7.30 to 8.30pm	Bodysculpt		£4.20	Debbie	
Thursday	9.15 to 10.15am	Bodysculpt	All	£4.20	Susie	
	10.30. to 11am	Dance mats (term-time only)		£2.70	Kat	
	11.15am to 12.15pm	HiLo Moves and Grooves		£4.20	Kat	
	12.15 to 1pm	Stretch Express		£4.20	Kat	No
	6 to 7pm	Step Reebok		£4.20	Julie	
	6.30 to 7.30pm	Boot camp (meet at reception at 6.15pm)		£4.20	Mike/Wayne	
	7 to 8pm	20/20/20 Aerobics		£4.20	Tiff	
Friday	9.15 to 10.15am	20/20/20 Aerobics	All	£4.20	Karen	Yes
	6 to 6.30pm	Abs and back core conditioning		£2.70	Julie	No
	6.30 to 7.30pm	Hi/Lo Evolution		£4.20	Julie	No
Sat	10 to 11am	Circuit Training	All	£4.20	Joe	No
Sun	9.30 to 10.30am	Bodysculpt		£4.20	Debbie	No
	10.30 to 11.30am	Step Reebok		£4.20	Julie	

PLEASE GIVE 24 HOURS' NOTICE WHEN CANCELLING A BOOKED CLASS

Booking is advisable for all classes

Fitness classes are included as part of the One Card. Please ask for details.

ALL CLASSES ARE SUBJECT TO CHANGE

Updated April 2009