

# Exercise Classes

## Wombourne Leisure Centre

TIME	CLASS	
<b>Monday</b>		
9.15am-10am	Studio cycling	Tim
9.30am-10.20am	Legs, bums & tums	Vicki
9.45am-10.30am	Yoga	Hansa
10.30am-11.20am	Core	Vicki
10.40am-11.25am	Yoga	Hansa
11.30am-12.15pm	Breathing yoga	Hansa
12.15pm-1pm	Power Pilates	Annie
1.15pm-2pm	Pilates	Annie
2.15pm-3pm	Seated Pilates	Annie
5.40pm-6.25pm	Aqua aerobics	Sam
6pm-6.45pm	Yoga	Hansa
6.30pm-7.15pm	Studio cycling	Prav
6.30pm-7.20pm	Circuits	Sam
7pm-8pm	Samurai swords	David
7pm-8pm	Tai Chi	David
7.30pm-8.15pm	Strengthen-up	Prav
<b>Tuesday</b>		
9.15am-10am	Studio cycling	Sam
9.30am-10.20am	Body conditioning	Vicki
10.30am-11.20am	Step, stretch & tone	Vicki
11.30am-12.15pm	Pilates	Annie
11.15am-12pm	Aqua aerobics	Sam
11.30am-12.30pm	Tai Chi beginners	David
12.25pm-1.10pm	Pilates	Annie
12.30pm-1.30pm	Tai Chi	David
1.20pm-2.05pm	Pilates	Annie
2.15pm-3pm	Seated pilates	Annie
6pm-6.45pm	Legs, bums & tums	Vicki
6.15pm-7pm	Core Abs	Paul
6.30pm- 7.15pm	Studio cycling	Annie
6.55pm-7.40pm	Bounce and pump	Vicki
7.05pm-7.45pm	Chi gong movement	Paul
7.50pm-8.35pm	Boxercise	Paul

TIME	CLASS	
<b>Wednesday</b>		
9.15am-10am	Studio cycling	Prav
9.15am-10am	Stability ball	Odette
9.15am-10am	Pilates	Annie
10.05am-10.50am	Pilates	Annie
10.10am-10.50am	Dance fit	Emma
11am-11.45am	Yoga	Annie
11.55am-12.40pm	Seated Pilates	Annie
5.45pm-6.30pm	Yoga	Hansa
5.45pm-6.30pm	TRX	Paul
6.30pm-7.15pm	Studio cycling	Tim
6.40pm-7.25pm	Yoga	Hansa
6.45pm-7.30pm	Box fit	Bill
<b>Thursday</b>		
8.30am-9.15am	Zumba	Lisa
9.15am-10am	Studio cycling	Sam
9.30am-10.20am	Multi fit	Annie
10.10am-11am	Low impact aerobics	Sam
10.30am-11.20am	Circuits	Annie
11.30am-12.15pm	Pilates	Annie
11.30am-12.30pm	Tai chi	David
12.30pm-1.30pm	Tai chi fan	David
5.40pm-6.25pm	Pilates	Annie
6pm-7pm	Zumba	Nickyta
6.30pm-7.15pm	Studio cycling	Annie
7.15pm-8pm	Weights, cardio & core	Prav
<b>Friday</b>		
8.30am-9.15am	Core	Paul
9.30am-10.15am	Studio cycling	Paul
9.30am-10.20am	Aerobic combo	Annie
9.45am-10.30am	Yoga	Hansa
10.30am-11am	Gym HIIT	Paul
10.30am-11.25am	Resistance band workout	Annie
10.40am-11.25am	Yoga	Hansa
11.30am-12.15pm	Seated yoga	Hansa
5.30pm-6pm	Core	Tim
6pm-6.30pm	HITT	Tim
6.30pm-7.15pm	Studio cycling	Prav

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TIME	CLASS
<b>Saturday</b>	
8am-8.45am	Boxercise – Paul
9am-9.45am	Studio cycling - Paul
9am-9.45am	Box fit - Bill

TIME	CLASS
<b>Sunday</b>	
9am-9.45am	Studio cycling - Tim
9am-9.50am	Cardio combat - Odette
10am-11am	Legs bums and tums - Tim

For the most up to date timetable please scan the QR code to view our



[www.sstaffs.gov.uk/leisure](http://www.sstaffs.gov.uk/leisure)

**Studio Cycling**

or online bookings and

There will be times in the cycle studio where there are no programmed classes, during these times, customers can access the facility and choose their own virtual class. There are two types of my ride classes to choose from-

#### Tour Coach

Tour the world with the My Ride World Tour Challenges.

The ultimate My Ride experience using forward motion video which will make you feel like you're travelling through a location just like you would in normal life!

#### Studio Coach

Classes delivered by a My Ride virtual coach

There are 3 class options:

- Class - 50 minutes (approx.)
- Fast class – 30 mins (approx.)
- Drills – intense 17-minute class



SCAN ME

#### PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.50	£5.80
My Ride	£6.50	£5.80

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## CLASS DESCRIPTIONS

AQUA AEROBICS	Aqua aerobics is a cardiovascular pool-based workout. It gently increases your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles using the resistance of the water and engaging opposing muscle groups in each movement as you push and pull against it.
AEROBIC BLITZ	Aerobic Blitz is a high energy cardiovascular workout to raise the heartrate and improve general fitness. The class also features strength work and is a great all-round workout to help you lose weight and tone muscles.
AEROBIC COMBO	This is a total body workout class using a variety of aerobic exercise methods. Aerobic combo is accessible to all, with a choice of hi or low impact cardio exercises.
BODY IMPACT	Body Impact combines body weight, muscle conditioning and cardio to build both strength and stamina. This class is sure to raise your heart rate, burn calories and build stamina to improve coordination and agility.
BOXERCISE	Boxercise is a high intensity interval training class which features a combination of cardio and resistance training. The class will include boxing elements enabling you to punch your way to fitness. Boxercise will increase the heartrate, burn calories, improve coordination, and help to reduce anxiety and stress.
BOXFIT	Box Fit is a high impact class which utilises all the training techniques of a professional boxer. Box Fit gives an all over body workout along with teaching you boxing skills.
BODY CONDITIONING	Body Conditioning combines strength and flexibility exercises to increase muscular strength and endurance. The class is a great way to help shape and tone muscles and help lower body fat.
BOUNCE AND PUMP	Bounce and Pump is an aerobic workout that is performed while jumping on a mini trampoline. Jumps can be fast or slow, and the session consists of an aerobic workout on the trampolines in addition to strength work using barbells. The workout is a great way to engage the muscles, increasing strength and endurance and provide a conditioning class to sculpt and tone the whole body.

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BREATHING YOGA	The breath aspect of yoga is known as pranayama in Sanskrit. "Prana" means "life-force", whilst "ayama" means "stretching". Yoga practitioners use the breath to calm the mind, and the physical postures help to focus on the breath.
CARDIO COMBAT	Cardio combat is a martial arts inspired cardiovascular workout consisting of combining punches and kicks. The class is a great way to burn calories, improve fitness and increase strength.
CHI GONG MOVEMENT	Chi gong was developed in China thousands of years ago as part of a traditional Chinese medicine. It involves using exercises to optimise energy within the body, mind and spirit, with the goal of improving and maintaining health and wellbeing.
CIRCUITS	Circuit training provides many benefits such as increased strength and muscular endurance, better heart healthy and mood. It will also help to promote weight loss as being set around a series of different workstations, it provides a versatile workout which will ensure every muscle group is worked
CORE ABS	Core Abs focuses on working the abdominal muscles to strengthen the core. This workout assists with increasing strength and toning the stomach. Core Abs provides a range of benefits including improving posture and balance.
CORE	Core focuses on engaging the abdominal muscles to strengthen the core. The class provides a range of benefits including improving muscle tone, posture, and balance.
DANCE FIT	Dance fit is an exercise class that incorporates forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.
GYM HIIT	This class is in the gym and uses high intensity interval training whilst moving around the gym equipment. High Intensity Interval Training is an effective cardio and toning class which will raise the heart rate, improving general fitness and endurance and is sure to blast the calories away.
HIIT	High Intensity Interval Training is an effective cardio and toning class which will raise the heart rate, improving general fitness and endurance and is sure to blast the calories away.
LEGS, BUM'S, AND TUMS	This class provides a full body aerobic and toning workout with the focus on the lower body. Legs, Bums & Tums will help to increase your stamina and endurance, build strength, and increase overall energy levels.

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LOW IMPACT AEROBICS	Low Impact Aerobics provides a calorie burning fitness session with minimal impact on joints. The class consists of low impact exercises which will not only raise the heartrate but also include strength and conditioning aspects to provide a total body workout.
MULTI FIT	This is a total body workout class using a variety of equipment to perform various exercises. Multi Fit is accessible to all, with a choice of hi or low impact cardio exercises.
PILATES	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Like Yoga, Pilates concentrates on posture, balance, and flexibility. It is a great form of exercise for strengthening and relieving back pain but can also be used to help with injury prevention and for rehabilitation purposes.
POWER PILATES	Power Pilates is similar to traditional Pilates but with more controlled movements, intensity, and variations. It involves incorporating weights, bands, and balls.
RESISTANCE BAND WORKOUT	This is a non-impact class involving a series of exercises using different types of resistance band. This class is designed to help strengthen and tone for a full body workout.
SAMURI SWORDS	Mugai Ryu is an old, authentic martial art of the Samurai. It goes back to the year 1693 and is still taught in its pure form. The art embodies the essence of Japanese sword fighting and the way of Zen. Mugai Ryu (Meisha-Ha) contains no superfluous or pointless movements; every movement has a deep and practical sense. Mugai Ryu is Zen in motion with focus on developing students both physically and mentally and plays its part in the character development of individuals while contributing to the peace and safety of society. Beginners and existing martial artist's welcome.
SEATED PILATES	Seated Pilates is a gentle form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance, and flexibility. It is a great form of exercise for strengthening and relieving back pain but can also be used to help with injury prevention and for rehabilitation purposes.

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SEATED YOGA	Seated yoga is a gentle form of yoga that's done while seated or using a chair for balance, making the practice more accessible. The class aims to reduce stress and anxiety and improve overall mental health and physical wellbeing.
STRENGTHEN UP	This is a full-body workout designed to help improve muscular strength. Including weight-based exercise. Perfect for strengthening muscles, increasing metabolism, and burning extra calories.
TAI CHI	Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
TAI CHI FAN	Tai Chi Fan form consists of opening and closing the Fan at pre-determined points as one moves through a sequence of set moves. The benefits are the same as regular Tai Chi however the form is short and can be learned more quickly. The Fan Form is also the basis for a short open hand form which is also easier to learn as both forms are very much modified versions of each other.
WEIGHTS, CARDIO AND CORE	This class features a combination of weights, cardio, and core strength work, providing a total body workout.
YOGA	Hatha Yoga is a modern form of yoga which uses the mind and body to build strength and flexibility. Yoga is also a great practise to help manage pain and reduce stress.
ZUMBA	A high energy and high intensity cardiovascular workout. Zumba incorporates dance and is delivered to beats music, providing a range of health benefits. The class is sure to burn plenty of calories, improve fitness and help reduce stress. Zumba is great for mood boosting and improving general wellbeing. A total body workout which incorporates dance. A fun but high intensity class.
STEP, STRETCH AND TONE	This is an aerobic class using the step and incorporating exercises to stretch and tone the muscles. Step stretch and tone gives you a choice of hi or low impact cardio exercises.
STUDIO CYCLING	Studio cycling is a high intensity and motivational Indoor cycling workout. Indoor cycling will help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout and by the end of class, your body will release a steady stream of feel-good endorphins.

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