

CLASS DESCRIPTIONS

Aqua Aerobics - a fun, energetic class suitable for all fitness levels and abilities. Get ready to tone up and burn fat through this non weight-bearing class. Aqua Aerobics is also very beneficial to those rehabilitating from injury.

Body Attack - energy is highly contagious: an aerobic class designed to burn lots of calories, tone and shape your body and improve your stamina. Your pulse will race and you can watch the calories fly away!

Body Balance - an oasis for mind and body. A holistic workout that brings the mind into a state of harmony and balance while toning and strengthening your body.

Body Combat - release your inner warrior! An energetic class inspired by martial art disciplines. Strike, punch, kick and kata your way through the calories to superior cardio fitness.

Body Pump - lean, strong and unstoppable. The original weight lifting class that builds strength, tones your body and pushes you to the limit every time.

Buggy Fitness - an exercise class for parents who would like to include exercise and wellbeing into their lives. Come along and enjoy a workout with your little one.

Body Step - this fast paced and explosive step-based workout burns lots of calories and leaves you feeling upbeat and ready for more. Your legs will love it! Eventually...

Bums & Tums - mat and ball based class. Tighten those troublesome areas and earn yourself some buns of steel and abs of envy. Ages 12+

Circuits - if you're looking for a class which will challenge you, provide you with a total body workout, help you lose weight, tone up, get stronger, faster and fitter – then this is the one for you! No two classes are ever the same – we like to keep you on your toes! Ages 14+

Easyline - resistance band class using intelligent machines: the more you push or pull, the greater the resistance. Excellent for beginners and injury rehabilitation. Ages 12+

Fitness Boxing - utilising boxing gloves and pads, this high-energy fitness session will challenge you with various boxing combinations and athletic drills. Unleash your inner Rocky!

Fit Steps - Fit Steps is a fitness class delivered through dance! You will learn basic steps to all 12 major Ballroom Dances, get in shape and have fun learning them. Ages 12+

50+ Fitness Session - gentle, dynamic movements set to easy listening music. Ideal for improving mobility and flexibility.

Insanity - push past your limits with plyometric drills and relentless intervals of strength, power, and resistance moves! You will also incorporate core training techniques to help sculpt and tone the ultimate physique!

Jog Scotland - a sociable, fun running group for all levels and abilities.

Karate - Shotokan Karate for self-defence and keeping fit. Training for all levels and ages – beginners are always welcome. Ages 8+

Kettlebells - an excellent functional training class. This weight-based workout really hits the areas you want to tone and strengthen.

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Line Dancing - learn to line dance the modern way, to a great soundtrack including rock, pop, country and Latin.

Metafit - this no frills, intense whole body workout lasts for 30 minutes but the calorie burning effect lasts up to 24 hours!

Pilates - Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. This class is excellent for improving posture, strength and flexibility and aligning the body correctly.

Piloxing - combine the power, speed and agility of boxing with the beautiful, sculpting movements of Pilates. Piloxing is a fat torching, muscle sculpting interval workout, guaranteed to whip you into shape.

Power Plates - the latest in vibration plate technology designed to intensify any workout. Improve fitness, catalyse weight loss and see for yourself the health benefits you can achieve with Power Plate.

Step Athletic - combining an athletic circuit with the step to provide a burst of intensity and a total body workout!

Studio Cycling - if you want to burn some calories, this is the way to do it! Work at your own level to some catchy beats at our indoor stationary cycling class.

STX - work from top to toe with this suspension training system. Guaranteed to leave you hanging on and asking for more – your core won't know what's hit it!

Tai Chi - a powerful, full-body energy ritual that improves balance, flexibility, vitality and circulation. Scientifically shown to ward off Alzheimer's and Dementia, it addresses the health of mind and spirit as well as the body, reducing stress, anxiety and depression and enhancing self-esteem.

Ultimate Abs - a 30 minute intense abdominal workout which will help to strengthen your core and define your abs! Ages 12+

UNITE - if you like Yoga and Pilates, you will love UNITE.

VIPR - a training tool that delivers a body blast – it's not a reptile, but it is deadly! Functional training at its best – whole body workout guaranteed!

Water Circuits - from swimming against the current to press ups on the side of the pool, you will get both cardiovascular and resistance gains for a unique full body workout!

Yoga General Level 1 - a yoga class for beginners with the focus on correct alignment to work safely in poses and increase overall flexibility, strength and wellbeing. The principles of breath awareness and relaxation are integral to this class. This is a general yoga class and as such is not suitable for students with serious medical conditions.

Yoga General Level 2 - a yoga class suitable for students who have around 6 months yoga experience. This is a general yoga class and as such is not suitable for students with serious medical conditions.

Zumba - ditch the workout and join the party that's taking the world by storm! This Latin-inspired, calorie-burning dance party is exhilarating, easy to follow and very effective. Ages 12+

Zumba Step - tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.

Zumba Toning - a combination of body sculpting exercises and Latin-infused Zumba moves to create a calorie torching fitness party.

ALL CLASSES FOR OVER 16's UNLESS STATED OTHERWISE

Scottish Charity No: SC27392

Customers must adhere to facility management rules at all times during their visit. These may be viewed on our website.

STUDIO TIMETABLE



Tuesday 5th May –
Sunday 30th August
2015

INVERNESS
Leisure

Class Timetable

low intensity

medium intensity

high intensity

extreme intensity

(a) adults only (b) beginners (i) improvers

** class takes place in SPORTS HALL 1 or 2

(ad) advanced

*** class takes place on the TRACK

∨ class takes place in LOWER DECK LOUNGE

**** class meets at the DRY SIDE

Sports Centre Locker Area

* class takes place in COMPETITION POOL

☆ class takes place in Leisure Pool River

Day	Studio	Class	Time	Class	Time	Class	Time	Class	Time	Class	Time	Class	Time
MONDAY	studio 1	Body Pump	09.40 - 10.30	50+ Fitness Session	10.15 - 11.00**	Insanity	10.40 - 11.10	Easyline**	11.15 - 12.00	Studio Cycling	11.20 - 12.05	Zumba Toning	12.20 - 13.10
	studio 1	Body Attack	17.00 - 17.55	Body Combat	18.00 - 18.50	Body Pump	19.00 - 19.50	Studio Cycling (b)	20.00 - 20.45	Aqua Aerobics*	20.15 - 21.00		
TUESDAY	studio 2	Power Plates	09.40 - 10.25	ViPR	10.35 - 11.15	Bums & Tums	11.20 - 12.00	STX	12.15 - 13.00	ViPR	17.10 - 17.55	Kettlebells	18.05 - 18.50
	studio 2	Fitness Boxing	19.00 - 19.50	Metafit	20.00 - 20.30	Body Balance	20.35 - 21.35						
TUESDAY	studio 1	Studio Cycling	07.00 - 07.45	Body Step	09.40 - 10.30	Bums & Tums	10.40 - 11.15	Studio Cycling	11.25 - 12.10	Insanity	12.20 - 12.50	Line Dancing (b)	13.45 - 14.45
	studio 1	Body Attack	18.00 - 18.50	Insanity**	18.30 - 19.20	Studio Cycling	19.00 - 19.50	Jog Scotland	19.00 - 20.00****	Line Dancing (ad)	20.00 - 21.00	Line Dancing (ad)	21.00 - 22.00
WEDNESDAY	studio 2	STX	09.30 - 10.15	Aqua Aerobics*	09.45 - 10.30	Pilates ∨	10.00 - 11.00	Kettlebells	10.20 - 11.10	Zumba Step	11.15 - 12.05	UNITE	12.15 - 13.00
	studio 2	Ultimate Abs	16.25 - 16.55	Kettlebells	17.05 - 17.45	Body Step	17.55 - 18.45	Body Balance	18.50 - 19.50	Circuits**	19.30 - 20.25	Metafit	20.00 - 20.30
WEDNESDAY	studio 1	Body Pump	09.30 - 10.30	Body Attack	10.40 - 11.30	Ultimate Abs	11.40 - 12.10	Zumba	12.15 - 13.15	Line Dancing (i)	13.45 - 14.45	Bums & Tums	17.10 - 17.50
	studio 1	Studio Cycling	17.55 - 18.40	Body Combat	18.50 - 19.40	Metafit	19.45 - 20.15	Water Circuits ☆	20.00 - 21.00	Body Pump	20.25 - 21.15		
THURSDAY	studio 2	Kettlebells	07.00 - 07.45	ViPR	10.00 - 10.45	50+ Fitness Session	10.15 - 11.00**	Metafit	11.00 - 11.30	Easyline**	11.15 - 12.00	Circuits	12.15 - 13.00
	studio 2	Body Step	18.40 - 19.30	Ultimate Abs	19.40 - 20.10	ViPR	20.20 - 21.05						
THURSDAY	studio 1	Studio Cycling	07.00 - 07.45	Studio Cycling	09.40 - 10.30	Ultimate Abs	10.35 - 11.05	Body Balance	11.15 - 12.10	Zumba Toning	12.15 - 13.00	Line Dancing (i)	13.30 - 14.30
	studio 1	Body Pump	17.10 - 17.55	Body Attack	18.00 - 18.50	Studio Cycling	19.00 - 19.45	Circuits**	19.30 - 20.25	Body Balance	20.00 - 21.00	Studio Cycling	21.00 - 21.45
FRIDAY	studio 2	Insanity	09.35 - 10.10	Kettlebells	10.15 - 11.00	STX	11.20 - 12.05	Metafit	12.15 - 12.45	Fitness Boxing	17.00 - 17.45	ViPR	17.50 - 18.35
	studio 2	Insanity**	18.30 - 19.20	Kettlebells	18.40 - 19.20	Jog Scotland	19.00 - 20.00****	Karate	19.30 - 21.00	Aqua Aerobics*	20.15 - 21.00		
FRIDAY	studio 1	Studio Cycling	07.00 - 07.45	Body Pump	09.30 - 10.25	Body Attack	10.35 - 11.25	Metafit	11.35 - 12.05	Studio Cycling	12.15 - 13.00	Zumba	17.00 - 18.00
	studio 1	Studio Cycling	18.10 - 18.55	Body Pump	19.05 - 20.05	Body Balance	20.10 - 21.10						
SATURDAY	studio 2	Buggy Fitness	09.30 - 10.20	Power Plates	10.30 - 11.20	Fitness Session	10.15 - 11.00**	Tai Chi **	11.10 - 12.00	Bums & Tums	11.30 - 12.10	Fit Steps	12.15 - 13.00
	studio 2	Ultimate Abs	16.45 - 17.15	Metafit	17.30 - 18.00	Kettlebells	18.15 - 19.00						
SATURDAY	studio 1	Metafit	09.30 - 10.00	Fitness Boxing	10.05 - 10.50	Body Pump	11.00 - 11.55	UNITE	12.05 - 13.00	Studio Cycling	13.10 - 13.55	Insanity	14.05 - 14.35
	studio 1	Booking Policy:	Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at www.invernessleisure.co.uk/activities/onlinebooking										
SUNDAY	studio 2	Yoga General Level 1	08.40 - 09.40	Yoga General Level 2	09.40 - 10.50	Karate (a)	11.00 - 12.30	Kids Karate	12.30 - 13.30				
	studio 2	Cancellation Policy:	Please notify us of any cancellations as soon as possible. If cancelling an online booking, you can cancel up to 15 minutes prior to the session starting.										
SUNDAY	studio 1	Studio Cycling	09.15 - 10.10	Metafit	10.20 - 10.50	Body Pump	11.00 - 12.00	Piloxing	12.10 - 13.00				
	studio 1	Follow us online for exclusive online offers:	<p>www.twitter.com/inverleisure</p> <p>www.facebook.com/invernessleisure</p> <p>www.invernessleisure.co.uk</p>										

We would ask all customers to advise instructors of any current medical conditions prior to the start of the class.