

class description...

Welcome to group fitness!

Aqua-Natal – Light and Easy exercise session in the pool for pregnant mums.

Aquatone – A combination of aerobic and resistance exercises, provides a great and effective way to burn fat and get fit. Water based session. (Deepwater session slightly more advanced).

BodyAttack – A group exercise programme, which ignites your energy systems and pushes your training to the next level. An intense athletic workout using simple interval training techniques. Bodyattack is simply the ultimate cardiovascular challenge, encouraging you to reach the limits of your endurance.

BodyCombat – A non-contact class developed from a range of self-defence disciplines including karate, kickboxing, tai chi and tae-kwondo. Bodycombat is an exhilarating and inspirational workout. It is a complete all body workout combining arm and leg movements strengthening the arms and legs whilst burning vast amounts of calories.

BodyJam – a workout that combines dance moves from a mixture of groove funk, Latin, hip-hop and Broadway jazz. Come join and get into the groove.

BodyPump – A resistance programme to music working all the main muscle groups of the body. It is a non-impact session providing aerobic endurance and muscle toning. Improve your strength and shape fast.

BodyPump Technique Clinic (Beginner to advanced) – Education on correct technique, body position and exercise execution for the beginner.

Core Stability / Legs, Bums & Tums Stability – New innovative exercise class with interesting moves and techniques, working on balance, flexibility and core muscular strength using a stability ball.

Fab Abs / Core Strength – Slim down those waists with a workout focusing on those abdominal and dorsal muscles. Everybody has got a six-pack but it all depends whether a sheet covers it or a duvet cover, you decide what Tog rating you think you are. (On the ball sessions involve stability ball work)

Fifty and Nifty (50+) – A low impact class helping to unwind all those aches and pains for the young ones amongst us.

Gym Circuits & Abs Blast – Fun workout in a gym environment using CV equipment, resistance and floor exercises followed by a 10 minute abdominal session to tighten up those wobbly waists.

Legs, Bums & Tums – A medium paced class targeting those troublesome areas. Designed to tone and shape the lower body with minimal impact, sculpting those areas you love to hate.

Pilates – Body conditioning workout that works the postural muscles, helping to re-balance the body. A great way to relieve stress and unwind after a hard day at work. Progressive Pilates is for the more experienced exerciser.

Postnatal Workout – Following your pregnancy and the stress that your body goes through during birth it's essential this class will help you rebuild your overall fitness, flexibility and strengthen these pelvic floor muscles. (crèche facilities are available alongside this class).

Relax and Tone – This class is designed to relax and calm the muscles as well as the mind. Increase your flexibility and tone that body with this superbly controlled class, leaving you in a state of energized calm.

Step – A fun and energetic cardio workout predominantly targeting those lower body muscles. An excellent class for improving fitness and burning fat.

TeenStyles – An energetic and fun workout for Teenagers aged 14-17yrs old. These classes are focused on toning and improve overall fitness in cool and hip fashion.

Total Body Workout – As the title says, here we aim to give an all over workout.

VRX Biking – Interactive group cycling class. A stimulating visual mix of real and virtual cycling, taking you on a journey through a variety of backdrops including New York, the French Alps and the Welsh mountains.

X-Biking – X-Biking is the fastest growing indoor group cycling exercise which works the upper body and core as well as the legs! X-Biking is a total body workout combining indoor and outdoor cycling in a safe, controlled and exciting environment.

Yoga – A great way to de-stress and relax, helping to improve flexibility and co-ordination.

april 09

work up a sweat with...

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Working in partnership:



Day	Time	Class	Level	Location
Monday	09.30 - 10.15	VRX Biking	Mixed	Studio 2
	09.30 - 10.30	BODYCOMBAT	Mixed	Studio 1
	09.30 - 10.30	Aquatone	Mixed	Pool
	10.30 - 11.30	50+	Beg	Studio 1
	10.30 - 11.30	Gym Circuits	Mixed	Gym
	10.30 - 11.30	AquaNatal	Mixed	Pool
	10.45 - 11.15	X-Biking	Mixed	Studio 2
	11.45 - 12.30	Postnatal Workout	Mixed	Pool
	12.00 - 12.45	Pilates	Mixed	Studio 2
	12.45 - 13.30	Total Body Workout	Mixed	Studio 1
	17.45 - 18.45	BODYPUMP	Mixed	Studio 1
	18.00 - 18.45	X-Biking	Mixed	Studio 2
	19.00 - 20.00	BODYJAM	Mixed	Studio 1
	19.00 - 20.00	Pilates	Inter	Studio 2
20.00 - 21.00	Step	Mixed	Studio 1	
20.15 - 21.00	X-Biking	Mixed	Studio 2	
Tuesday	09.30 - 10.30	BODYPUMP	Mixed	Studio 1
	09.30 - 10.30	Aquatone	Mixed	Pool
	10.45 - 11.30	X-Biking	Mixed	Studio 2
	10.45 - 12.15	Yoga	Mixed	Studio 1
	13.00 - 14.00	BODYCOMBAT	Mixed	Studio 1
	18.15 - 19.00	X-Biking	Inter	Studio 2
	18.15 - 19.00	Fab Abs	Mixed	Studio 1
	19.15 - 20.15	BODYATTACK	Inter	Studio 1
	19.15 - 20.00	X-Biking	Inter	Studio 2
	20.15 - 21.00	Core Stability	Mixed	Studio 1
Wednesday	09.30 - 10.30	BODYCOMBAT	Mixed	Studio 1
	09.30 - 10.30	Aquatone	Mixed	Pool
	10.30 - 11.30	50+	Beg	Studio 1
	10.30 - 11.30	Gym Circuits	Mixed	Gym
	13.00 - 14.00	BODYPUMP	Mixed	Studio 1
	13.15 - 14.00	X-Biking	Mixed	Studio 2
	14.00 - 15.00	BODYCOMBAT	Mixed	Studio 1
	16.45 - 17.45	TeenStyles	Mixed	Studio 1
	18.00 - 19.00	BODYCOMBAT	Mixed	Studio 1
	18.15 - 19.00	VRX Biking	Beg	Studio 2
	19.00 - 20.00	BODYPUMP	Mixed	Studio 1
	19.15 - 20.00	X-Biking	Mixed	Studio 2
	19.30 - 20.30	Aquatone	Mixed	Pool
	20.15 - 21.15	Legs, Bums & Tums	Mixed	Studio 1
	20.15 - 21.00	Pilates	Mixed	Crèche

Day	Time	Class	Level	Location
Thursday	09.30 - 10.30	BODYPUMP	Mixed	Studio 1
	09.30 - 10.30	Aquatone	Mixed	Pool
	10.45 - 11.30	X-Biking	Mixed	Studio 2
	10.45 - 12.15	Yoga	Mixed	Studio 1
	13.15 - 13.45	BODYPUMP Technique Class	Beg	Studio 1
	14.00 - 15.00	BODYPUMP	Mixed	Studio 1
	17.45 - 18.30	Core Strength	Mixed	Studio 1
	18.15 - 18.45	X-Biking	Beg	Studio 2
	18.45 - 19.45	BODYCOMBAT	Mixed	Studio 1
	19.00 - 19.45	X-Biking	Inter	Studio 2
	19.45 - 21.15	Yoga	Mixed	Crèche
	19.45 - 20.45	BODYPUMP	Mixed	Studio 1
	Friday	09.30 - 10.30	Aquatone	Mixed
09.30 - 10.30		BODYATTACK	Inter	Studio 1
10.30 - 11.30		50+	Mixed	Studio 1
10.30 - 11.30		Gym Circuits	Mixed	Gym
10.45 - 11.30		VRX Biking	Mixed	Studio 2
17.30 - 18.00		BODYPUMP Technique Class	Beg	Studio 1
18.00 - 19.00		BODYPUMP	Mixed	Studio 1
18.00 - 18.45		X-Biking	Mixed	Studio 2
19.00 - 20.00		BODYJAM	Mixed	Studio 1
Saturday	09.00 - 09.45	X-Biking	Mixed	Studio 2
	10.00 - 11.00	BODYATTACK	Inter	Studio 1
	10.00 - 11.00	Relax and Tone	Mixed	Crèche
	11:00 - 11.45	Junior VRX	Mixed	Studio 2
	11.00 - 12.00	Step	Mixed	Studio 1
	12.00 - 13.00	BODYPUMP	Mixed	Studio 1
Sunday	09.00 - 10.00	BODYCOMBAT	Mixed	Studio 1
	09.00 - 09.45	X-Biking	Mixed	Studio 2
	10.00 - 11.00	BODYPUMP	Mixed	Studio 1
	11.00 - 12.00	TeenStyles	Mixed	Studio 1