

Victoria Park Leisure Centre

Exercise Class Timetables

Please be aware that timetabled activities may be subject to change. For the most current information or to check activities at specific times, we would advise that you contact the centre direct.

Suitable Levels

Beginner - Moderate

Suitable for all abilities.

Moderate - Intermediate

Suitable for those who attend regular fitness sessions or require a specific activity.

Intermediate - Advanced

Suitable for those who have achieved a higher level of fitness and wish to maintain and/or improve further.

Coffee Time Consultation

Mondays: 10.15am – 11.15am

Wednesdays: 11.15am – 12.15pm

If you have any fitness and/or nutrition (weight management) questions and queries. Jacqui will be available in the café to offer advice and guidance.

Customer Notice:

The last Aqua Zumba session will be on 31st May.

This is due to the closure of the main Pool during phase 2 of the centre's refurbishment. Aqua Tone will be available in the training pool until the main pool becomes available in October.

We apologise for any inconvenience caused during this time, and we will endeavour to deliver alternative sessions to ensure you receive a continued activity programme.

Thank you.

	Class	Level
Monday:		
07.30-08.15	Wake up Workout - Zumba	Moderate - Intermediate
09.15-10.00	Legs, Tums and Bums	Beginner - Moderate
10.15-11.00	Zumba Toning	Moderate - Intermediate
13.45-14.30	Zumba Gold	Beginner - Moderate
Tuesday:		
19.00-19.45	Zumba	Moderate - Intermediate
20.00-20.45	Aqua Tone	Beginner - Moderate
Wednesday:		
07.30-08.15	Wake up Workout - Circuit	Intermediate - Advanced
09.15-10.00	Leg, Tums and Bums	Beginner - Moderate
10.15-11.00	Aqua Tone	Beginner - Moderate
Thursday:		
19.00-19.45	Zumba	Moderate - Intermediate
20.00-20.45	Dance-fit	Moderate - Intermediate
Saturday:		
10.00-10.45	Zumbatomic	Beginner - Moderate
11.00-12.00	Fitness Yoga & Total Relaxation	Beginner - Moderate
Sunday:		
10.00-11.00	Circuits (Under 16's)	Beginner - Moderate



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Guideline to Class Descriptions

Aqua Tone

An excellent strength and conditioning workout in the training pool incorporating upper & lower body and core resistance work using various equipment. This is then followed by a stretch & relaxation section to complete a total body workout!

Circuits

Get lean & mean and increase your fitness. Focusing on Total Fitness, this session will blast calories while at the same time boost your muscular strength and endurance.

Circuits (Under 16's)

Suitable for all fitness levels designed to keep kids active and healthy, this fun class will improve teamwork, ball, balance, agility, flexibility and social skills. A variety of activities are included.

Dance-Fit

With great music from the 70's, 80's, 90's right up to date. This dance session will give you all different dance skills and styles you enjoy; pop, disco, jazz, funk, hip hop, tracks from the musicals. And more... there is something for everyone! Be inspired and perform to your favourite tracks!

Fitness Yoga & Total Relaxation

Combines elements of Hatha and Ashtanga Yoga to create a modern style that suits all ages and abilities. After a hectic week this workout provides the perfect balance of strength and relaxation helping you to find inner and outer equilibrium.

Legs, Tums & Bums

This exercise plan guarantees a firmer, and more toned body. Targeting specific areas.

Zumba

Inspired by traditional Latin & Columbian sounds, join our dance-based fitness workout that people of all ages are falling in love with. Easy to follow and giving amazing results!

Zumba Gold

For those new to fitness or returning to fitness, a lower intensity workout. Also to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Complete beginners that's friendly, fun, with great music to get you motivated!

Zumba Toning

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Toning sticks are used to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs!

Zumbatomic

Designed exclusively for kids (ages 7-12), Zumbatomic packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Focusing also on building self-confidence, boosting metabolism and enhancing coordination.



**Group Exercise -
Class Programme**
as at June 2011