

## KEY TO TYPES OF EXERCISE CLASSES

Aerobic	
<b>Step Aerobic</b>	Trim and tone your lower body with this traditional class. A choreographed routine on a step platform. Great for increasing your fitness and promoting weight loss.
<b>Aerotone</b>	Low impact workout and total body toning incorporating gentle aerobics and toning bands. Excellent first class to try if your new to exercise.
Circuits	
<b>Aerocircuits</b>	Circuit training is simple to follow and an ideal way to get fit and stay fit. Just work at your own pace.
Toning	
<b>Stability Ball</b>	Ever wanted to learn how to use the stability ball, a unique toning, lower body workout and core strength class.
The Revolution - Group Indoor Cycling	
<b>Indoor Cycling</b>	Workout performed on an exercise bike to motivating music at a high intensity for maximum calorie burning.
Junior	
<b>Junior Workout</b>	A time for juniors 14+ to workout in the Tone Zone supervised by an instructor.
Aqua	
<b>Aqua Aerobics</b>	Ultimate low impact workout and total body toning. A refreshing form of exercise only water can provide.

### WHAT IS HEALTHY LIFESTYLES?

Healthy Lifestyles sessions are aimed at people who want to start taking regular exercise, have help with weight-loss and learn about healthy eating.

The Healthy Lifestyle advice session will include a confidential weigh-in and advice. We will help support and monitor your progress. These sessions are a great opportunity to discover great idea to lose weight and meet new friends.

Healthy Lifestyle exercise classes are a gentle way to improve your fitness.



Is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial

arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



Is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major

muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for - and fast!

East Riding of Yorkshire Council will, on request, provide this document in braille or large print.

If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

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## Pavilion Leisure Centre

### Exercise Class Programme



EAST RIDING

OF YORKSHIRE COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>	<b>Indoor Cycling</b> 9.30 - 10.15am	<b>Aerotone</b> 9.00 - 10.00 am	<b>Indoor Cycling</b> 9.30 - 10.15am			 9.30 - 10.30am
	<b>Stability Ball</b> 10.30 - 11.00am	 10.15 - 11.15am	 10.30 - 11.30am	<b>Stability Ball</b> 10.30 - 11.00 am	 10.30 - 11.30am	<b>Stability Ball</b> 11.00 - 11.30am
	<b>Aqua Aerobics</b> 11.30 - 12.15pm		<b>Aqua Aerobics</b> 11.00 - 11.45am		<b>Aqua Aerobics</b> 12.00 - 12.45am	
<b>AFTERNOON CLASSES</b>	 1.00 - 2.00pm	<b>Healthy Lifestyles</b> 1.30 - 3.00pm		 12.00 - 1.00pm	<b>Healthy Lifestyles</b> 2.00 - 3.00pm	
	<b>Junior Workout</b> 3.45 - 5.30pm	<b>Junior Workout</b> 3.45 - 5.30pm	<b>Junior Workout</b> 3.45 - 5.30pm	<b>Junior Workout</b> 3.45 - 5.30pm	<b>Junior Workout</b> 3.45 - 5.30pm	<b>Junior Workout</b> 12.30 - 2.00pm
<b>EVENING CLASSES</b>	<b>Stability Ball</b> 6.15 - 6.45pm	<b>Stability Ball</b> 6.30 - 7.00pm	<b>Stability Ball</b> 6.15 - 6.45pm	 6.00 - 7.00pm	 6.00 - 7.00pm	
	 7.00 - 8.00pm	 7.00 - 8.00pm	<b>Indoor Cycling</b> 7.00 - 7.45pm	 7.00 - 8.00pm	<b>Stability Ball</b> 7.00 - 7.30pm	
	<b>Indoor Cycling</b> 7.00 - 7.45pm	 8.00 - 9.00pm	 8.00 - 9.00pm	<b>Aqua Aerobics</b> 8.00 - 8.45pm		
	<b>Aerocircuits</b> 8.00 - 9.00pm					

### KEY TO TYPES OF EXERCISES

<b>Mind &amp; Body</b>	<b>Aerobic</b>	<b>Cycling</b>	<b>Toning</b>	<b>Circuit</b>	<b>Junior</b>	<b>Aqua</b>
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Please arrive early for classes as during busy periods there may be queues at reception. Sure Card memberships allow you to book 8 days in advance. Casual users can only book 7 days in advance. Most classes are suitable for 14 years upwards, however this is at the discretion of the fitness coach. Please check at reception before showing up to a class.

Safe and effective professional classes require a warm up - please arrive on time for classes so we can achieve this professionalism.

If you have any suggestions or comments please contact John Wilson - Fitness Co-ordinator on (01964) 614000 or email [john.wilson@eastriding.gov.uk](mailto:john.wilson@eastriding.gov.uk)

[www.withernseapavilionleisurecentre.co.uk](http://www.withernseapavilionleisurecentre.co.uk)