

Running Club

If you're looking for some motivation and want to develop your running, this is just for you! All abilities welcome. Various run routes in and around Downton. (Tim)

Studio Cycling

Cycling to music on our spin bikes to burn lots of calories and develop your cardio fitness. Places must be booked prior to class at reception.(Tim)

VIBE Cycle

Don't just ride, feel the VIBE! Cycling on our spin bikes to the beat of the music. A highly motivating class using choreographed movements for all abilities, to burn lots of calories and developing your cardio fitness! Places must be booked prior to class at reception (Helena and Allan)

ZUMBA

Party yourself into shape with this high energy, easy to follow, calorie burning fitness class!! (Naomi and Debbie)

'A Stones Throw' Weight Loss

This weight loss programme combines exercise and nutrition to guarantee results. Whether you want to lose a few pounds, a stone or more Tim will help you make the difference.

Limited space each month so book early.

Course is free to members and available to non members for £99.00

Non Member class prices: £4.00*

Member class prices: FREE

***50+ Mornings: £3.30**

Due to operational reasons the instructor maybe be different to that listed.



 Downton Leisure Centre

Fitness Class Timetable 2012

Wiltshire Council
Where everybody matters

Reg : EY404838



Downton Leisure Centre

Wick Lane, Downton, Salisbury SP5 3NF

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www.downtonleisurecentre.co.uk

Class Descriptions

Abs, Back & Core (ABC)

This class focuses on toning the stomach whilst strengthening the lower back. (Tim)

All Ability Circuits

Circuits designed to cover both cardio and resistance exercises to get you fit all over. (Tim/ Allan)

Body Attack

A higher intensity group exercise class mixing a number of fitness disciplines giving each individual a completely different workout each session. Styles include kettlebell, powerbag, suspension strap training and much more. May sometimes be held outside, weather permitting (Allan)

Boxercise

The best stress buster around! One of the most effective forms of cross training available, Including boxing style circuits with punch bags and pads. Great for empowering women and getting men back into the studio. (Allan and Matt) Please check the website for up to date class times.

50+ Mornings

These classes are specifically aimed at the 50+ age group. With 45 minutes of aerobics and a choice of badminton, table tennis, tennis or use of the gym (Debbie)

Kettlercise

The best all over body workout using just one piece of equipment! This class is run as a course and is priced separately, please contact Allan for more info.

Legs, Bums & Tums (LBT)

This very popular class focuses on toning the legs, bums and tums. (Debbie)

Pilates

A mat based class focusing on strengthening the core and lower back. This class is run as a course and is priced separately. Please contact the reception for latest dates. (Joanne)

Pump & Tone

A beginners/ intermediate resistance based class with some toning exercises included. (Allan)

Aerobics

An energetic aerobics class, choreographed to high tempo music with the addition of some toning exercises at the end. (Debbie)



	Monday	Tuesday	Wednesday	Thursday	Friday	
8.00						8.00
8.30					Pump & Tone	8.30
9.00	Studio Cycling ABC	VIBE Cycle 9.30 – 10.15	All Ability Circuits		Run Club	9.00
9.30				Body Attack ABC	ABC	9.30
10.00	50+ Morning	Zumba 10.30 – 11.15			50+ Morning	10.00
10.30						10.30
11.00						11.00
11.30						11.30
12.00						12.00
12.30						12.30
13.00			Advanced Pilates			13.00
13.30					VIBE Cycle 13.30 – 14.15	13.30
14.00						14.00
14.30						14.30
15.00						15.00
15.30						15.30
16.00						16.00
16.30						16.30
17.00						17.00
17.30	VIBE Cycle 17.30 – 18.10	VIBE Cycle 17.30 – 18.15	Studio Cycling or VIBE	VIBE Cycle 18.00 – 18.45	Boxercise	17.30
18.00	Kettlercise 18.20 – 19.20	Aerobics				18.00
18.30	Kettlercise 19.30 – 20.30	Boxercise	Weight Loss	Kettlercise		18.30
19.00			LBT			19.00
19.30			LBT			19.30
20.00						20.00
20.30						20.30
21.00						21.00