



Group Exercise Timetable
Tottenham Green Leisure Centre
(From 2nd Apr 2012)

MONDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
10.00-11.00am	50+ AEROBICS	50+	1-2	CAROL V	ACTIVE STUDIO
10.00-10.45am	SPINNING	ALL	1-3	DEE	SPIN STUDIO
11.00-12.00pm	WOMEN ONLY CIRCUIT last class 14May	WO	1-3	OLGA	MOVE IT STUDIO
11.05-11.50am	LEGS BUMS & TUMS	ALL	1-3	DEE	ACTIVE STUDIO
12.00-1.00pm	YOGA (Iyenga)	ALL	1-2	RACHEL	ACTIVE STUDIO
6.00-7.00pm	LEGS BUMS AND TUMS	ALL	1-3	HELEN	ACTIVE STUDIO
6.15-7.00pm	SPINNING	ALL	2-3	AGA	SPIN STUDIO
7.05-7.50pm	AQUA FITNESS	ALL	1-2	LOUISE	TEACHING POOL
7.05-8.05pm	STEP AND SCULPT	ALL +5 kids	1-3	SUSETTE	ACTIVE STUDIO
7.10-8.10pm	YOGA (Hatha)	ALL	1-2	ANNA	GOLD ROOM
7.30-8.15pm	SPINNING	ALL	2-3	CLAUDIA	SPIN STUDIO
7.45-8.45pm	KINESIS CIRCUIT	ALL	1-3	VICTOR	MOVE IT STUDIO
7.55-8.40pm	DEEP AQUA FITNESS	ALL	1-2	LOUISE	TEACHING POOL
8.10-9.10pm	ACTIVE PUMP	ALL	1-3	SUSETTE	ACTIVE STUDIO
8.15-9.15pm	MIXED CIRCUITS time change from 14 th May to 7.30-8.30pm	ALL	1-3	JUDITH	MAIN HALL
TUESDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
10.00-11.00am	AEROBICS	WO+5 kids	1-3	CURLY	ACTIVE STUDIO
11.00-11.45pm	LEGS BUMS & TUMS	ALL	1-2	CURLY	ACTIVE STUDIO
12.00-12.45pm	CHAIR BASED EXERCISE	Specialised	1	MARTA	ACTIVE STUDIO
12.15-1.00pm	AQUA FITNESS	WO	1-2	LOUISE	TEACHING POOL
12.50-1.50pm	PILATES	ALL	1-2	KATE	ACTIVE STUDIO
2.00-3.00pm	CARDIAC REHAB	Specialised Referral	1	PAMELA	ACTIVE STUDIO
6.00-7.30pm	YOGA (Hatha)	ALL	1-2	CATHERINE	ACTIVE STUDIO
6.30-7.30pm	SPINNING	INT	2-3	SUSETTE	SPIN STUDIO
7.00-8.00pm	BOOT CAMP	INT/ ADV	2-3	LEON	MAIN HALL
7.30-8.15pm	CARNIVAL JAM new class	ALL	2	VANESSA	ACTIVE STUDIO
7.35-8.20pm	SPINNING	ALL	2-3	SEAN	SPIN STUDIO
8.15-9.15pm	BOXERCISE	ALL	2-3	VANESSA	ACTIVE STUDIO
WEDNESDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
10.00-11.00am	50+ ACTIVE GENERATION	50+	1-2	EVELYN	ACTIVE STUDIO
11.00-12.00pm	WOMEN ONLY CIRCUIT	WO + 5 kids allowed	1-3	OLGA	MOVE IT STUDIO
11.10-12.10pm	YOGA (General)	50+	1	RACHEL	ACTIVE STUDIO
12.15-1.00pm	AQUA FITNESS	WO	1-2	OLGA	TEACHING POOL
12.30-1.30pm	PILATES	BEG/ INT	1-2	CAROL V	ACTIVE STUDIO
4.30-5.30pm	TEEN GYM Circuit	12-16 yrs	1-3	RYAN	MOVE IT STUDIO
6.15-7.00pm	ACTIVE PUMP	ALL + 5 kids	1-3	SUSETTE	ACTIVE STUDIO
6.15-7.00pm	SPINNING	ALL	2-3	AGA	SPIN STUDIO
6.30-8.00pm	YOGA (Iyenga)	INT	1-3	RACHEL	SILVER ROOM
7.00-8.00pm	MIXED CIRCUITS	INT/ADV	2-3	PHIL	MAIN HALL
7.10-8.10pm	ZUMBA Fitness	ALL	1-3	TARA	ACTIVE STUDIO
7.15-8.00pm	SPINNING	ALL	2-3	SUSETTE	SPIN STUDIO
8.15-9.15pm	BELLY DANCING	ALL	1-2	TARA	ACTIVE STUDIO
THURSDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
9.15-10.00am	BACK TO EXERCISE	BEG	1	FLORA	ACTIVE STUDIO
10.15-11.15am	PILATES ON THE BALL	ALL + 5 kids	1-2	FLORA	ACTIVE STUDIO
11.15-12.15pm	SPINNING	ALL	2-3	JUDITH	SPIN STUDIO
12.30-1.15pm	SENIOR EASY GYM	50+	1-2	MARTA	MOVE IT SPACE
12.30-1.15pm	AQUA FITNESS	ALL	1-2	LOUISE	TEACHING POOL
12.30-1.30pm	PILATES	ALL	1-2	CAROL V	ACTIVE STUDIO
5.15-6.00pm	ZumbAtomic course	Kids 4-7 yrs old	1-2	MONIKA	GOLD ROOM
6.10-6.55pm	ZumbAtomic course	Kids 8-12 yrs old	1-2	MONIKA	GOLD ROOM
6.15-7.00pm	ZUMBA Fitness	ALL	1-3	MARTA	ACTIVE STUDIO
6.15-7.00pm	SPINNING	ALL	2-3	JUDITH	SPIN STUDIO
7.00-8.00pm	CAPOEIRA	ALL	2-3	VINICIUS	GOLD ROOM
7.05-7.50pm	DEEP AQUA FITNESS	ALL	1-2	MONIKA	TEACHING POOL
7.05-8.05pm	PILATES	ALL	1-2	MARTA	ACTIVE STUDIO
7.10-7.55pm	SPINNING	ALL	2-3	VANESSA	SPIN STUDIO
7.55-8.40pm	AQUA ZUMBA	WO	1-2	MONIKA	TEACHING POOL
8.00-8.30pm	POWER SPIN	ALL	2-3	VANESSA	SPIN STUDIO
8.05-9.05pm	LEGS BUMS & TUMS	ALL	2	GIO	ACTIVE STUDIO
8.15-9.15pm	MIXED CIRCUITS	ALL	2-3	JUDITH	MAIN HALL
FRIDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
10.15-11.15am	BODY SCULPT	ALL	1-3	JUDITH	ACTIVE STUDIO
11.15-12.00pm	SPINNING	ALL	2-3	JUDITH	SPIN STUDIO
11.30-12.15pm	ZUMBA GOLD	50 +	1-2	MARTA	ACTIVE STUDIO
4.30-5.30pm	TEEN GYM Circuit	12-16 yrs	1-3	RYAN	MOVE IT STUDIO
6.15-7.00pm	SPINNING	ALL	2-3	SUSETTE	SPIN STUDIO
6.30-7.30pm	ASIAN FUSION	ALL	2-3	FARAH	ACTIVE STUDIO
6.30-7.00pm	ROPE SKIPPING new class	ALL	2-3	CHARLIE	MAIN HALL
7.00-8.00pm	BOXING CIRCUIT	INT	2-3	CHARLIE	MAIN HALL
SATURDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
9.00-9.45am	SPINNING	ALL	2-3	DEE	SPIN STUDIO
9.00-10.00am	PILATES	ALL	1-2	CURLY	ACTIVE STUDIO
10.00-10.45am	BODY SCULPT	ALL	1-3	CURLY	ACTIVE STUDIO
10.45-11.30am	STEPS	INT/ADV	2	VANESSA	ACTIVE STUDIO
11.30-12.30pm	STEP AND TONE	INT	2-3	VANESSA	ACTIVE STUDIO
11.45-12.30pm	KINESIS CIRCUIT	ALL	1-3	MARTA	MOVE IT STUDIO
1.00-2.00pm	CARIBBEAN RHYTHMS	ALL	1-3	JULIET	ACTIVE STUDIO
SUNDAY	CLASS	LEVEL	INTENSITY	INSTRUCTOR	VENUE
9.45-10.30am	ACTIVE PUMP	ALL	1-3	HENRIETTA	ACTIVE STUDIO
10.00-10.45am	SPINNING	ALL	2-3	CLAUDIA	SPIN STUDIO
10.45-11.30am	TOTAL BODY WORKOUT	ALL	2-3	VANESSA	ACTIVE STUDIO
12.00-1.00pm	ASIAN FUSION	ALL	2-3	FARAH	ACTIVE STUDIO
1.00-1.45pm	AQUA FITNESS time change from 14 th May to 1.05pm-1.50pm	ALL	1-2	CURLY	TEACHING POOL

CLASS DESCRIPTION

Belly Dancing

Originates from the Middle East and besides being a beautiful dance it is also a great way to keep fit and exercise. You will improve your stamina, coordination and confidence. Fun and an escape from everyday routine.

Asian Fusion - A fast, funky workout using Bhangra/Ragga/Bollywood sounds. Requires the use of every part of your body, a quick, fun way to get fit and in great shape. Toning exercise included. This class keeps you smiling from start to end.

Active Pump

An intensive free weight barbell class performed to music aiming to develop muscle tone in all body areas.

Boxercise- includes boxing style stations and techniques. You will learn different punches and movement using focus pads. It's a full body workout, you will work on body movement, agility and momentum.

Boot Camp- A fast paced class using intense full body exercise session with the use of own body exercises and military training drills. You will be challenged to your full potential and find your real capacity.

Zumba Fitness

Combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It's based on the principle that a workout should be fun and easy to do.

Zumba Gold

As Zumba Fitness (see above), but modified and made less intense for the older adult active generation. Still full of fun and social feel.

Chair Based Exercise

A specialised class aimed at individuals who would like to improve their strength, flexibility and posture. Suitable for those who are not prepared to sustain longer periods of standing/ walking and /or may have troubles with balance. The entire class can be performed in a seated position if required.

Total body work out/ Body Conditioning

Full body workout combining step workout to target the lower body and toning exercises for arms and abs areas. High calorie burning class with floor exercises to target 'trouble' areas.

Carnival Jam

A dance based low impact workout to a mix of Reggae, Soca, R & B and Afro Beats.

Body Tone/ Legs Bums and Tums/ Body Conditioning/ Body Sculpt

These sessions could have different formats but they will always give you a full body workout including cardio and muscular fitness often using hand weights that target specific muscle groups to improve muscle tone.

Boxing Circuit

Circuit class involving partner work using punching gloves, pads, shields. Develops endurance, power, agility, strong mind. (No previous experience necessary)

Spinning

Stationary bike work out to music. Beginners need to arrive 5 min. early.

Steps

An aerobic work out to music using step platforms to achieve INTENSITY.

Mixed Circuits

Whole body workout combining aerobic and muscle work without music

Pilates

Helps develop strength, flexibility, endurance and posture without building bulk or stressing joints.

Yoga

A controlled movement class aiding relaxation and stress management with flexibility benefits.

Aerobics

A high energy level aerobic work out to music designed to improve the efficiency of the Heart and lungs. The classes sometimes have a short floor work section for muscle toning.

Aqua Fitness

Aerobic work out in the shallow pool, using the water resistance and buoyancy. Suitable for non swimmers, post injury, weight management.

Deep Aqua Fitness

A non-impact water aerobics using floatation belts.

Aqua Zumba – the hot Zumba rhythms experienced in the water with pool party feel.

ZumbaAtomic- Fun and energetic dance/ fitness course designed for kids ages 4-7 and 8 to 12 yrs old. Book at reception.

Back to Exercise

Low intensity general conditioning class; suitable for beginners, people returning to exercise after long period of bed rest/ injuries/ pregnancy/ exercise referral scheme 'graduates' etc.

Foam Roller Stretch - Small group session using the foam rollers to stretch and release not just the muscles, but also the connective tissue that surrounds every muscle fibre, the whole muscles and muscle groups (fascia release). Excellent after workout and more time efficient than a 90 min yoga class. (Max 8 participants, 15 min duration).

Senior Easy Gym – Circuit based class, using gym 'easy-line' machines alternated with easy aerobic moves to combine the benefits of both. Suitable for 50+ generation. (Max 12 participants).

Kinesis Circuit- Functional Training in a small group (max 10) using the uniquely versatile Kinesis machine combined with other functional tools and own body exercises. Come to the Move It Studio to try it out.

Rope Skipping- excellent interval cardio workout with added benefit of enhanced coordination, agility, footwork, endurance and explosiveness. If you have never jumped rope before, you can expect a challenge.

* All participants are required to obtain a valid ticket for their class.

* Late arrivals will NOT be allowed entry (10 mins+).

* Please note that all class durations advertised include 5 min. change over, set up and administration time.

* No children are permitted to attend adult classes – unless stated

* Classes can be accessed from age 13.