



# Group Exercise Timetable

Park Road Leisure Centre

(From 2 April 2012)

MONDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
9.30-10.30AM	PILATES	1-2	SUE	ALL ABILITIES
10.30-11.15AM	ZUMBA GOLD <b>NEW TIME/DAY</b>	1-2	MARTA	50+ ACTIVE GENERATION
11.15-12.15PM	PILATES <b>NEW CLASS</b>	1-3	MARTA	ALL ABILITIES
12.15-1.00PM	BODY CONDITIONING	2	GAIL	ALL ABILITIES
12.15-1.15PM	SHALLOW AQUA FITNESS	1-2	CAROL	ALL ABILITIES
1.30-2.15PM	SCHWINN CYCLING	2-3	MEL	ALL ABILITIES
4.00-4.45PM	ZUMBATOMIC COURSE	KIDS AGE 4-7	JANE	KIDS 4-7 YRS OLD
5.00-6.00PM	BELLY DANCING	2	TARA	ALL ABILITIES
6.15-7.00PM	CARDIO KICK	2-3	MARTA	ALL ABILITIES
6.30-7.30PM	ANTE-NATAL AQUA FITNESS	1-2	ROZ	PREGNANT WOMEN
7.00-7.45PM	DEEP AQUA FITNESS	1-3	OLGA	ALL ABILITIES
7.00-7.45PM	ZUMBA FITNESS	2-3	MARTA	ALL ABILITIES
8.00-9.30PM	YOGA (IYENGA)	1-2	SHARON	ALL ABILITIES
TUESDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
8.15-9.00AM	DEEP AQUA FITNESS	1-3	MONIKA	ALL ABILITIES
9.15-10.00AM	ZUMBA FINTESS <b>NEW TIME/DAY</b>	2-3	CHRISTINA	ALL ABILITIES
10.05-11.05AM	PILATES NEW YORK STYLE	1-3	GAIL	INTERMEDIATE
11.10-11.55PM	FAT BURN AND SCULPT	1-3	MEL	ALL ABILITIES
12.00-1.00PM	YOGA (IYENGA)	1-2	RACHEL	ALL ABILITIES
1.15-2.15PM	BODY AWARENESS (FELDENKRAISE)	1	JENNY	ALL ABILITIES
6.00-6.45PM	BODYTONE	1-2	DEE	ALL ABILITIES
7.00-7.45PM	DEEP AQUA FITNESS	1-3	LOUISE	ALL ABILITIES
6.45-7.45PM	STEP AND SCULPT	2-3	MEL	ALL ABILITIES
7.45-8.45PM	ACTIVE PUMP	1-3	MEL	ALL ABILITIES
8.45-9.15PM	HARDCORE ABS + BACK	1-3	MEL	ALL ABILITIES
WEDNESDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
9.00-9.45AM	50+ SCHWINN CYCLING	1-3	MARTA	50+ / BEGINNERS
9.45-10.45AM	BODY CONDITIONING	1-2	CAROL	ALL ABILITIES
10.45-11.45AM	PILATES	1-2	CAROL	ALL ABILITIES
12.00-1.00PM	SCHWINN CYCLING + ABS	2-3	MEL	ALL ABILITIES
12.15-1.00PM	DEEP AQUA FITNESS	1-2	CAROL	ALL ABILITIES
1.15-2.15PM	TOTAL BODY WORKOUT	1-3	MEL	ALL ABILITIES
2.30-3.30PM	TAI- CHI	1	PAUL	ALL ABILITIES
5.30-6.30PM	CARDIAC REHAB	1	LYNN	SPECIALISED REFERRAL CLASS
6.30-7.30PM	PILATES	1-2	CAROL	ALL ABILITIES
7.00-8.00PM	ANTE-NATAL AQUA FITNESS	1	ROZ	PREGNANT WOMEN
7.45-8.30PM	SCHWINN CYCLING	2-3	SEAN	ALL ABILITIES
8.00-8.45PM	DEEP AQUA FITNESS	1-2	MEGHAN	WOMEN ONLY
8.30-9.15PM	SCHWINN CYCLING	2-3	SEAN	ALL ABILITIES
THURSDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
8.15-9.00AM	DEEP AQUA FITNESS	1-2	LOUISE	ALL ABILITIES
9.30-10.15AM	ZUMBA GOLD	1-2	MARTA	50+ ACTIVE GENERATION
10.15-11.00AM	ZUMBA FITNESS	2-3	MARTA	ALL ABILITIES
11.00-12.00PM	PILATES NEW YORK STYLE	2-3	GAIL	INTERMEDIATE
12.15-1.45PM	YOGA (IYENGA)	1-2	SHARON	ALL ABILITIES
12.30-1.15PM	SHALLOW AQUA FITNESS	1-2	CURLY	ALL ABILITIES
6.00-6.45PM	AEROTONE	2-3	MEL	ALL ABILITIES
6.45-7.30PM	ACTIVE PUMP	1-3	MEL	ALL ABILITIES
7.30-8.00PM	HARDCORE ABS+BACK	1-3	MEL	ALL ABILITIES
7.30-8.15PM	DEEP AQUA FITNESS	1-3	OLGA	ALL ABILITIES
8.00-9.00PM	BOXING CIRCUIT	2-3	CHRIS	ALL ABILITIES
FRIDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
9.30-10.30AM	TOTAL BODY CIRCUIT	1-3	CAROL	ALL ABILITIES
10.30-11.30AM	FLEX & STRETCH	1	CAROL	ALL ABILITIES
11.30-12.30PM	PILATES	1-2	CAROL	ALL ABILITIES
12.00-1.00PM	ANTE-NATAL AQUA FITNESS	1	ROZ	PREGNANT WOMEN
12.45-1.30PM	BODY SCULPT	1-3	DIANA	ALL ABILITIES
1.00-2.00PM	SHALLOW AQUA FITNESS	1-2	CAROL	ALL ABILITIES
5.00-5.45PM	SCHWINN CYCLING	2-3	MEL	ALL ABILITIES
5.50-6.35PM	SCHWINN CYCLING	2-3	MEL	ALL ABILITIES
6.45-7.30PM	CARDIO COMBAT	2-3	MEL	ALL ABILITIES
7.30-8.30PM	PILATES NEW YORK STYLE	2-3	GAIL	INTERMEDIATE
8.30-9.30PM	YOGA (IYENGA)	1-2	COLIN	ALL ABILITIES
SATURDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
8.00-8.45AM	SCHWINN CYCLING	2-3	CLAUDIA	ALL ABILITIES
9.00-9.45AM	SATURDAY STEP	2-3	GIO	ALL ABILITIES
9.45-10.30AM	LEGS BUMS & TUMS	2	GIO	ALL ABILITIES
10.30-12.00PM	YOGA (IYENGA)	1-2	NANCY/RACHEL	BEGINNERS
12.00-1.30PM	YOGA	1-3	NANCY/VESNA	ADVANCED
5.00-6.00PM	SALSA	1-2	DERRICK	ALL ABILITIES
SUNDAY	CLASS	INTENSITY	INSTRUCTOR	LEVEL
8.00-8.45AM	SCHWINN CYCLING	2-3	MEL	ALL ABILITIES
9.00-9.45AM	ACTIVE PUMP	1-3	MEL	ALL ABILITIES
9.55-10.40AM	STEP WITH A TWIST	2	JEANNIE	INTERMEDIATE
10.45-12.15PM	YOGA (HATHA)	1-2	PIPPA	BEGINNERS
12.30-1.30PM	BOXING CIRCUIT <b>NEW CLASS</b>	2-3	CHRIS	ALL ABILITIES
4.50-5.50PM	PILATES NEW YORK STYLE	1-3	GAIL	INTERMEDIATE
6.00-7.30PM	ASHTANGA YOGA	1-3	PETE	ALL ABILITIES
6.30-7.30PM	SHALLOW AQUA FITNESS	1-2	OLGA	ALL ABILITIES

# CLASS DESCRIPTION

## **Cardio Kick /Cardio Combat**

An intense but simple aerobics class based on martial arts style choreography. High energy, calorie burning class.

## **Movement Awareness Class (Feldenkrais Exercise)**

Awareness through movement, focuses on posture, flexibility, breathing, can relieve stiffness and chronic pain also helpful in injury prevention. All exercises done on the floor and modifications and adaptations are offered for different abilities and needs.

## **Body Sculpt/ Active Pump**

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

## **Zumba Fitness**

Combines high energy and motivating music with unique moves and routines that allow the Zumba participants to dance away their worries. 'feel fee' workout that is great for both the body and the mind.

**Zumba Gold-** Zumba fitness class (read above) modified for the needs of the older generation - lots of fun while you move to the beat of inspirational music and meet other people with whom to share the joy.

## **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.

## **Bodymax / Body Tone/ Legs Bums and Tums/ Aerotone/ Body Conditioning**

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 for specific muscles to improve tone.

## **Fat Burn and Sculpt**

Low and high impact aerobic section followed by toning exercises, including abs.

## **Hardcore Abs and back**

Focusing on the mid section and core muscles. Please note that participants with back problem may not be able to perform all the exercises.

## **Boxing Circuit**

Martial arts class 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.

## **Step/ Step with a Twist**

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

## **Total Body Circuit**

Whole body workout combining aerobic and muscle work without music

## **Pilates**

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

## **Pilates New York style**

This is a more active form of Pilates where core, posture and flexibility exercises are combined for maximum effect using professional dance training methods. The results can be quite spectacular.

## **Yoga**

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

## **Aqua Fitness**

A low impact aerobic work out in the shallow part of the main pool using the water resistance and buoyancy. Suitable for non swimmers, post injury, weight management.

## **Deep Aqua Fitness**

A non-impact aerobic workout in deep water using floatation belts.

## **Ante – Natal Aqua fitness**

Gentle exercise class held in the shallow waters of the teaching pool for expectant mums.

## **Tai Chi**

Improves your balance and flexibility through gentle movements and can help relieve stress.

## **Chi – Kung**

Taoist exercise forms that increase strength and mobility in the spine, lower back and shoulders; a great anti-stress exercise system too.

## **Belly Dancing**

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

\* All participants are required to obtain a valid ticket for their class. For enquiries please call: 020 8341 3567

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

\* No children are permitted to attend adult classes.

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

\* Changes to the timetable may be made at short notice.

\* Access to classes from 13 years old.

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