

1 membership, 4 centres over 330 weekly exercise classes

'Pay-as-you-go' also available



Tel: 01202 417600
Text: 07537404682
(cancellations only)

class locations

- MH main hall
- S1 studio 1
- S2 studio 2
- SS spin studio
- MP main pool
- SP splash pool
- TR terrace room

key

- ▲ This class is part of Wellness Morning
- # Term time only

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|--|
| BodyPump Express 6.45-7.30am Molly (S1) | Body Conditioning 7.15-8.00am Cat (S1) | Pilates 6.35-7.30am Viv (S1) | Body Conditioning 7.15-8.00am Cat (S1) | Spinning 7.30-8.00am Molly (SS) | Spinning 9.00-9.45am Becky W/Sophie (SS) | Swim Fit 8.00-8.55am Brigitte (MP) |
| Hydro Active Level 2 7.45-8.25am Ann (SP) | Aqua Circuits 7.45-8.25am Brigitte (SP) | Spinning 7.30-8.00am Adrian (SS) | Deep Water Aqua 7.30-8.25am Brigitte (MP) | Deep Water Aqua 8.00-9.35am Brigitte (MP) | BodyCombat 9.00-9.55am Tony (S1) | Spinning 9.00-9.30am Rebecca P (SS) |
| Hydro Active Level 2 8.30-9.10am Ann (SP) | Hydro Active Level 2 8.30-9.10am Brigitte (SP) | Aqua 7.45-8.25am Brigitte (SP) | Hydro Active Level 2 8.30-9.10am Brigitte (SP) | Hydro Active Level 2 8.30-9.10am Cathy (SP) | Spinning 9.50-10.20am Becky W/Sophie (SS) | BodyPump 9.00-9.55am Marie (S1) |
| Hydro Active Level 2 9.15-9.55am Naomi (SP) | Hydro Active Level 2 9.15-9.55am Cathy (SP) | Hydro Active Level 2 8.30-9.10am Brigitte (SP) | Hydro Active Level 2 9.15-9.55am Brigitte (SP) | Hydro Active Level 2 9.15-9.55am Cathy (SP) | | SH'BAM 9.00-9.45am Laura E/Natasha (S2) |
| Nice & Easy 9.15-10.00am Natasha (S1) | Legs, Bums & Tums 9.15-10.00am Georgina (S1) | Hydro Active Level 2 9.15-9.55am Angie (SP) | Ashtanga Yoga 9.15-10.30am Zoe L C (S1) | Athletic Conditioning 9.15-10.10am Claire (S1) | Spinning 10.30-11.15am TBA (SS) | Spinning 9.35-10.20am Rebecca P (SS) |
| Legs, Bums & Tums 9.25-10.15am Claire (MH) | Ashtanga Yoga 9.15-10.30am Zoe L C (TR) | Zumba 9.15-10.00am Georgina (MH) | Pilates 9.15-10.10am Cat (TR) | Spinning 9.30-10.15am Laura (SS) | BodyPump 11.05-12.00pm Tony (S1) | Circuits 10.00-10.55am Paula (S1) |
| Spinning 9.30-10.00am Will (SS) | Spinning 9.30-10.00am Nicky (SS) | Spinning 9.15-9.45am Tony (SS) | Body Conditioning # 9.25-10.15am Tony (MH) | Body Conditioning 10.15-11.10am Sarah (S1) | Metalfit 11.15-11.45am Karen (S2) | BodyBalance 10.00-10.55am Marie (TR) |
| Spinning 10.05-10.35am Will (SS) | Hydro Active Level 1 10.00-10.40am Cathy (SP) | Metalfit 9.15-9.45am Claire (S1) | Spinning 9.30-10.00am Georgina (SS) | | BodyPump 12.05-1.00pm Tony (S1) | Legs, Bums & Tums 11.00-11.55am Paula (S1) |
| Body Conditioning 10.20-11.15am Claire (S1) | Running Group 9.30-10.30am Heather (TR) | Spinning 9.50-10.20am Tony (SS) | Running Group 9.30-10.30am Heather (TR) | Deep Water Aqua 10.45-11.40am Clive (MP) | | |
| Ashtanga Yoga 10.30-11.45am Ulrike (TR) | Spinning 10.05-10.35am Nicky (SS) | Athletic Stretching 9.50-10.20am Claire (S1) | Hydro Active Level 1 10.00-10.40am Brigitte (SP) | Pilates 11.15-12.10pm Viv (TR) | | |
| Pilates 11.20-12.15pm Paula (S1) | BodyCombat 10.15-11.10am Jo L (S1) | Aqua 10.00-10.45am Angela (SP) | Spinning 10.05-10.35am Georgina (SS) | Well Fit 11.20-12.15pm Zoe (S1) | | |
| Hydro Active Level 2 # 11.45-12.25pm Angie (SP) | Pilates 10.35-11.30am Viv (TR) | Pilates 10.00-10.55am Yolanda (TR) | NEW BodyCombat 10.35-11.20am Claire (S1) | Hydro Active Level 2 # 11.45-12.25pm Angie (SP) | | |
| Health Circuits 12.35-1.20pm Brigitte (S2) | BodyPump 10.40-11.10am Claire (SS) | BodyPump 10.30-11.25am Tony (S1) | Aqua Natal # 10.45-11.40am Georgina (SP) | Pilates 12.15-1.10pm Viv (TR) | | |
| Zumba 1.00-1.55pm Georgina (S1) | Deep Water Aqua # 10.45-11.40am Linda (MP) | Deep Water Aqua # 10.45-11.40am Georgina (MP) | Pilates 11.25-12.20pm Cat (S1) | Stretch & Mobilise 12.20-1.15pm Brigitte (S1) | | Hatha Yoga 5.00-6.30pm Kamini (S1) |
| Spinning 1.00-1.30pm Will (SS) | BodyBalance 11.15am-12.10pm Jo L (S1) | Aqua # 10.45-11.30am Angela (SP) | Health Circuits 12.35-1.30pm Irena (S2) | Metalfit 1.00-1.30pm Louise (S2) | | |
| | Pilates 11.35am-12.30pm Viv (TR) | Pilates 11.00-11.55am Yolanda (TR) | Health Circuits 1.35-2.30pm Irena (S2) | Spinning 1.00-1.30pm Floyd (SS) | | |
| Legs, Bums & Tums 5.30-6.25pm Alison (S1) | Metalfit 1.00-1.30pm Louise (S1) | Core Conditioning 11.30-11.55am Tony (S1) | | Hatha Yoga 1.30-2.25pm Ellie (TR) | | |
| Spinning 5.45-6.30pm Cat (SS) | Health Circuits 1.00-1.55pm Irena (S2) | Well Fit 12.00-12.55pm Irena (S1) | Well Fit 4.00-4.55pm Paula (S1) | | | |
| BodyPump 6.30-7.25pm Tony (S1) | Well Fit 2.00-2.55pm Zoe (S1) | Spinning 1.00-1.30pm Lucy (SS) | Spinning 5.25-5.55pm Jo B (SS) | BodyPump 5.30-6.25pm Molly (S1) | | |
| Spinning 6.35-7.05pm TBA (SS) | NEW Well Fit 3.00-3.55pm Zoe (S1) | Hatha Yoga 1.00-1.55pm Irena (S1) | Core Conditioning 5.30-5.55pm Cat (S1) | Legs, Bums & Tums 5.30-6.25pm Paula (S2) | | |
| Metalfit 7.00-7.30pm Taylor (MH) | Core Conditioning 5.30-5.55pm Cat (S2) | Spinning 5.30-6.00pm Rebecca P (SS) | Circuits 6.00-6.55pm Adrian (MH) | Spinning 5.55-6.25pm Taylor (SS) | | |
| Spinning 7.10-7.40pm TBA (SS) | Legs, Bums & Tums 5.30-6.25pm Sarah (S1) | Body Conditioning 5.30-6.25pm Sarah (S1) | Pilates 6.00-6.55pm Cat (S2) | Ashtanga Yoga 6.00-6.55pm Tina (TR) | | |
| Aqua 7.15-8.00pm Clive (SP) | Spinning 5.30-6.00pm Lucy (SS) | Metalfit 6.00-6.30pm Tony (MH) | Body Conditioning 6.00-6.55pm Jo B (S1) | Spinning 6.30-7.25pm Chris (S2) | | |
| Core Conditioning 7.30-7.55pm Taylor (MH) | BodyBalance 6.00-6.55pm Adrian (MH) | Spinning 6.05-6.50pm Rebecca P (SS) | Spinning 6.15-7.00pm Chris (SS) | Spinning 6.35-7.05pm Molly (SS) | | |
| Ashtanga Yoga 7.30-8.25pm Ulrike (TR) | BodyPump 6.00-6.55pm Cat (TR) | BodyPump 6.30-7.25pm Laura (S1) | BodyBalance 7.00-7.55pm Tony (MH) | | | |
| BodyBalance 7.35-8.30pm Hannah (S1) | Step 6.00-6.55pm Alison (S2) | Circuits 6.35-7.30pm Tony (MH) | BodyBalance 7.00-7.55pm Cat (S2) | | | |
| Spinning 7.45-8.15pm Tony (SS) | Spinning 6.05-6.35pm Lucy (SS) | Spinning 7.00-7.30pm Helen (SS) | Fitness Yoga 7.00-7.55pm Sarah (TR) | | | |
| Circuits 8.00-8.55pm Adrian (MH) | BodyPump 6.30-7.25pm Karen (S1) | Aqua 7.15-8.00pm Clive (SP) | Spinning 7.05-7.35pm Chris (SS) | | | |
| Aqua 8.05-8.50pm Clive (SP) | Spinning 6.45-7.30pm Amy W (SS) | Core Conditioning 7.30-7.55pm Tony (MH) | Metalfit 8.00-8.30pm Tony (MH) | | | |
| Spinning 8.20-8.50pm Tony (SS) | BodyCombat 7.00-7.55pm Tony (MH) | NEW Legs, Bums & Tums 7.30-8.15pm Laura (S1) | Pilates 8.00-8.55pm Chris (S2) | | | |
| Ashtanga Yoga 8.35-9.30pm Ulrike (TR) | Zumba 7.00-7.55pm Cat (S2) | Aqua 8.05-8.50pm Clive (SP) | | | | |
| Pilates 8.35-9.30pm Yolanda (S1) | Back Care 7.00-7.55pm Irena (TR) | BodyBalance 8.05-9.00pm Holly (S2) | | | | |
| | Metalfit 7.30-8.00pm Karen (S1) | Hatha Yoga 8.15-9.30pm Kamini (TR) | | | | |
| | Starter Circuits 8.00-8.55pm Paula (MH) | Back Care Pilates 8.30-9.25pm Chris (S1) | | | | |
| | Ashtanga Yoga 8.10-9.25pm Ulrike (S1) | | | | | |

Members can book online
www.bhliveleisurebookings.co.uk



Under 5's
Creche
Monday - Friday
9.00am - 12.10pm

Syngy Circuits (with gym staff)
Gym based classes to improve your strength, stamina, flexibility, endurance, power and balance
Mon - Fri: 10.30 - 11.00am
5.30 - 6.00pm & 7.30 - 8.00pm
Sat & Sun: 10.30 - 11.00am
Bookable at Customer Service
Members FREE
Non Members Included in your gym session ticket

Wellness Mornings £6.80
Mon & Wed 8.00am-12.45pm
Fri 8.30am-12 noon
Includes exercise classes, gym, swimming, badminton and table tennis. Wellness Mornings classes are depicted with a ▲
Spa available at a surcharge.

www.littledowncentre.co.uk



class descriptions

CALORIE BURNING CLASSES
Energetic workouts to maximise calorie expenditure and burn fat.

MUSCLE TONING & ENDURANCE CLASSES
Intense muscle workouts focusing on toning, definition, strength and endurance.

RE-ENERGISE & RELAX CLASSES
Mind and body workout focusing on core stability, balance and flexibility.

SPECIALIST CLASSES
Themed classes focusing on current fitness industry trends.

ALL OVER BODY WORKOUT CLASSES
Combining calorie burning, muscle toning, strength and stamina.

INTRODUCTORY LOW IMPACT CLASSES
Ideal for those needing to start at a lower level.

WATER WORKOUT CLASSES
Exercise in the water to maximise fun and intensity.



Tel: 01202 437800
class location
S studio
OS outside

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|---|
| Legs, Bums & Tums 9.30-10.25am Lucy (S) | Legs, Bums & Tums 9.30-10.25am Rachel (S) | Athletic Conditioning 7.30-8.25am Tom (S) | Pilates 9.30-10.25am Mandy (S) | NEW Boot Camp 7.00-7.55am Adam (OS) | Athletic Conditioning 9.00-9.55am Mandy (S) | Circuits 9.30-10.00am Tom (S) |
| Zumba 10.30-11.25am Emma (S) | Pilates 10.30-11.25am Brigitte (S) | Body Conditioning 9.30-10.25am Laura (S) | Pilates 10.30-11.25am Mandy (S) | Body Conditioning 9.30-10.25am Irena (S) | | Core Conditioning 10.05-10.30am Tom (S) |
| | | Core Conditioning 10.30-10.55am Laura (S) | | Zen Yoga 11.00-12.15pm Maxine (S) | | |
| | | Athletic Stretching 11.00-11.30am Laura (S) | | Nice & Easy 1.15-2.10pm Irena (S) | | |
| | | | Zumba 5.30-6.25pm Fiona (S) | | | |
| NEW Boot Camp 6.30-7.25pm Jim (OS) | Circuits 6.00-6.30pm Tom (S) | Hatha Yoga 6.00-6.55pm Irena (S) | | | | |

www.sirdavidenglishsportscentre.co.uk



Tel: 01202 437840
or 01202 437823
and leave message
Text: 07537 404697
(cancellations only)

- class locations
S studio
SS spin studio
P pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| Spinning 9.30-10.15am Becky (SS) | Spinning 9.30-10.15am Karen (SS) | Spinning 9.30-10.15am Nathan (SS) | Spinning Endurance 9.30-10.25am Naomi (SS) | Kettle Bell Blast 9.30-10.00am Cat (S) | Swim Fit 8.00-8.55am Jeanette (P) | Spinning 9.25-9.55am Jo (SS) |
| Body Conditioning 9.30-10.25am Cat (S) | NEW Athletic Conditioning 9.30-10.25am Mandy (S) | NEW Pump FX 9.30-10.25am Chris J (S) | Body Conditioning 9.30-10.25am Lucy (S) | Spinning 9.30-10.00am Charlie (SS) | Hatha Yoga 9.00-9.55am Pippa (S) | Spinning 10.00-10.45am Michelle (SS) |
| Body Flow Fusion 10.30-11.25am Cat (S) | Deep Water Aqua 10.05-11.00am Clive (P) | Aqua Zumba 10.05-11.00am Cat (P) | Ashtanga Yoga 10.45-11.40am Zoe (S) | Zumba 10.05-11.00am Cat (S) | Spinning 9.30-10.15am Claire (SS) | Body Conditioning 10.05-11.00am Jo (S) |
| | Pilates 10.30-11.25am Mandy (S) | Hatha Yoga 10.30-11.25am Pippa (S) | | Spinning 10.05-10.35am Charlie (SS) | Starter Circuits 10.00-10.55am Paula (S) | Zumba 11.05-12.00pm Sarah Y (S) |
| | Aqua 11.05-12.00pm Clive (P) | | | Hatha Yoga 11.05-12.00pm Pippa (S) | Spinning 10.20-10.50am Claire (SS) | |
| Cardio Combat 5.30-6.25pm Becky (S) | Spinning 5.25-5.55pm Sarah Y (SS) | Body Conditioning 5.30-6.25pm Lucy (S) | Core Conditioning 5.30-5.55pm Kerry (S) | Deep Water Aqua 11.05-12.00pm Cat (P) | Legs, Bums & Tums 11.00-11.55am Jo (S) | |
| Spinning 5.40-6.10pm Jo B (SS) | Body Conditioning 6.05-7.00pm Sarah Y (S) | Spinning 5.45-6.15pm Cat (SS) | 20/20/20 6.00-6.55pm Nathan (SS) | Spinning 5.30-6.15pm Nathan (SS) | | |
| Spinning 6.15-6.45pm Chris J (SS) | Spinning 6.15-6.45pm Charlie (SS) | Spinning 6.30-7.15pm Lucy (SS) | Spinning 6.00-6.30pm Nathan (SS) | Circuits 6.00-6.55pm Graeme (S) | | |
| Total Body 6.30-7.25pm Jo B (S) | Spinning 6.50-7.20pm Chris J (SS) | Zumba 6.30-7.25pm Cat (S) | Spinning 6.35-7.05pm Nathan (SS) | Spinning 6.20-6.50pm Nathan (SS) | | Hatha Yoga 7.00-7.55pm Kamini (S) |
| NEW Spinning 6.50-7.20pm Chris J (SS) | Spinning 6.50-7.20pm Charlie (SS) | Spinning 6.30-7.15pm Lucy (SS) | Spinning 6.35-7.05pm Nathan (SS) | | | |
| Pilates 7.30-8.25pm Chris J (S) | 20/20/20 7.05-8.00pm Jo B (S) | Spinning 7.20-8.05pm Claire (SS) | Kettle Bell & Abs 7.00-7.55pm Greg (S) | | | |
| Hatha Yoga 7.30-8.25pm Amba (S) | Core Conditioning 7.30-7.55pm Charlie (SS) | Legs, Bums & Tums 7.30-8.25pm Jo (S) | Spinning 7.10-7.40pm Nathan (SS) | | | |
| | NEW Time Attack 8.05-8.50pm Graeme (S) | Hatha Yoga 8.30-9.25pm Pippa (S) | HIIT 8.00-8.45pm Greg (S) | | | |

www.stokewoodleisurecentre.co.uk



Tel: 01202 437801
Text: 07537 404707
(cancellations only)
Beat the queues
Fast Track Ticket
collection available
in reception

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|
| BodyPump 7.15-8.00am Sarah (S1) | NEW Circuits 7.15-8.00am Phil (S1) | Hydro Active Level 2 8.45-9.30am Naomi (P) | Spin & Abs 7.15-8.00am Kate (SS) | | Swim Fit 8.00-9.00am Lara (P) | NEW Circuits 9.00-9.45am Phil (S2) |
| Hydro Active Level 2 8.45-9.30am Brigitte (P) | Hydro Active Level 2 8.45-9.30am Naomi (P) | BodyStep 9.20-10.15am Karen (S1) | BodyBalance 9.20-10.15am Sarah (S2) | BodyCombat 9.20-10.15am Maxine (S1) | 20/20/20 9.00-9.55am Karen (S1) | Body Conditioning 9.20-10.15am Magda (S1) |
| Legs, Bums & Tums 9.20-10.15am Kate (S2) | Body Conditioning 9.20-10.15am Steph (S1) | Body Balance 9.20-10.15am Diane (S2) | BodyPump 9.20-10.15am Laura (S1) | BodyBalance 9.20-10.15am Lesley (S2) | Zumba 9.00-9.55am Sarah/Lucy C (S2) | NEW Extreme Circuits 9.50-10.45am Phil (S2) |
| BodyPump 9.20-10.15am Laura (S1) | Zumba 9.20-10.15am Emma (S2) | Spinning 10.00-10.30am Michelle (SS) | 20/20/20 10.35-11.30am Laura (S1) | Spinning 9.30-10.15am Magda (SS) | Spinning 10.05-10.35am Karen (SS) | |
| Nice & Easy 10.35-11.20am Magda (S2) | Aqua 9.35-10.20am Naomi (P) | BodyCombat 10.35-11.30am Maxine (S1) | Dance Mix 10.35-11.30am Nicky (S2) | Pilates 10.35-11.30am Kate (S2) | BodyPump 10.05-11.00am Mandy (S1) | |
| Spinning 10.35-11.20am Laura (SS) | Spinning 10.35-11.20am Steph (SS) | Nice & Easy 10.35-11.20am Karen (S2) | Aqua</ | | | |