

fitness studio programme

Monday	06.00 - 22.00
Induction	11.00 - 12.30
Club Active	16.00 - 17.30
Induction	20.00 - 21.00
Tuesday	06.00 - 22.00
Active for Life sessions	10.00 - 15.00
Induction	12.30 - 13.00
Induction	20.00 - 21.00
Wednesday	06.00 - 22.00
Induction	11.30 - 12.30
Club Active	16.00 - 17.30
Thursday	06.00 - 22.00
Active for Life sessions	10.00 - 15.00
Induction	18.30 - 19.30
Friday	06.00 - 22.00
Induction	12.30 - 13.30
Club Active	16.00 - 17.30
Induction	18.30 - 19.30
Saturday	06.00 - 18.00
Induction	09.00 - 10.00
Club Active	10.00 - 11.30
Sunday	08.00 - 18.00
Induction	10.00 - 11.00

Please note that during term time, schools have access to the fitness facility between the hours of 09.00 and 15.00

Need Motivating?

Why not speak to one of our friendly Personal Trainers who can provide you with a tailored programme that will help you to achieve your goals. All you need is a little push in the right direction towards a healthier, fitter you!



newmarket leisure centre

For more information call 01638 782 500
or go to www.angcomleisure.com

This leaflet is available in different formats and languages on request

angliacommunityleisure

Working in partnership with FOREST HEATH DISTRICT COUNCIL

newmarket leisure centre

group exercise classes!

available from
Monday 6 September 2010



including: body balance
water workout, pilates
body combat, zumba,
easyline, spinning, yoga
aerobics & tai chi...

anglia
community
leisure

Working in partnership with Forest Heath District Council

group exercise classes

Our extensive workout programme for active adults offers a variety of classes each week to suit all abilities

Mon	Tue	Wed	Thu	Fri	Sat	Sun
07.00 - 07.45 Body Blitz Studio 1	07.00 - 07.45 Spinning Studio 2	07.00 - 07.45 Spinning Studio 2	07.00 - 07.45 Spinning Studio 1	07.00 - 07.45 Body Pump Studio 1	08.30 - 09.30 Spinning Studio 2	09.00 - 10.00 Body Pump Studio 1
11.00 - 12.00 Boxercise Studio 1	09.00 - 10.00 Easy Line Studio 1	10.00 - 11.00 Body Pump Studio 1	10.00 - 11.00 Body Combat Studio 1	10.00 - 11.00 Body Blitz Studio 1	09.30 - 10.30 Spinning Studio 2	10.00 - 11.00 Zumba Studio 1
12.00 - 13.00 Body Pump Studio 1	10.15 - 11.15 Body Combat Studio 1	11.00 - 12.00 Aerobics Studio 1	11.15 - 12.15 Body Pump Studio 1	11.15 - 12.00 Zumba Studio 1	09.45 - 10.45 Body Attack Studio 1	10.15 - 11.15 Spinning Studio 2
17.15 - 18.00 Spinning Studio 2	11.15 - 12.15 Body Balance Studio 1	12.30 - 13.30 Body Blitz Studio 1	12.30 - 13.30 Body Balance Studio 1	12.00 - 13.00 Water Workout Teaching Pool	10.45 - 11.45 Body Balance Studio 1	11.00 - 12.00 Aerotone Studio 1
18.00 - 19.00 Water Workout Teaching Pool	12.30 - 13.30 Spinning Studio 1	13.45 - 15.00 Yoga Studio 1	15.00 - 16.00 Pilates Studio 1	12.15 - 13.00 Spinning Studio 1	11.00 - 12.00 Boxercise Studio 2	
18.00 - 19.00 Body Combat Studio 1	15.00 - 16.00 Gentle Aerobics Studio 1	14.00 - 15.00 Aqua Health Club* Main Pool	17.45 - 18.45 Zumba Studio 2	13.00 - 14.00 Water Workout Teaching Pool	12.00 - 13.00 Body Pump Studio 1	
18.30 - 19.45 Yoga Small Gym	18.00 - 19.00 Spinning Studio 2	17.15 - 18.00 Spinning Studio 2	18.00 - 18.45 Bums & Tums Studio 1	13.30 - 14.45 Yoga Studio 1		
19.00 - 20.00 Water Workout Teaching Pool	18.00 - 19.00 Aerotone Studio 1	18.00 - 18.45 Spinning Studio 2	18.30 - 19.30 Circuits Main Hall	17.15 - 18.15 Spinning Studio 1		
19.00 - 20.00 Zumba Studio 2	19.00 - 20.00 Spinning Studio 2	18.00 - 19.00 Boxercise Studio 1	18.45 - 19.45 Body Balance Studio 2	18.30 - 19.30 Boxercise Studio 1		
19.15 - 20.15 Outdoor Circuits Outside	19.15 - 20.15 Body Combat Studio 1	19.00 - 20.00 Belly Dancing Studio 2	18.45 - 19.45 Body Combat Studio 1			
19.15 - 20.15 Body Pump Studio 1	19.00 - 20.00 Circuits Main Hall	19.00 - 20.00 Body Pump Studio 1	19.00 - 20.00 Water Workout Teaching Pool			
20.00 - 21.00 Pilates Small Gym	20.15 - 21.15 Body Balance Studio 2	20.00 - 21.00 Aerobics Studio 1	19.45 - 20.45 Body Pump Studio 1			
20.15 - 21.15 Aerobics Studio 1	20.00 - 21.00 Water Workout Main Pool	20.00 - 21.15 Yoga Studio 2	20.00 - 21.00 Spinning Studio 2			
20.30 - 21.15 Spinning Studio 2	20.15 - 21.15 Body Pump Studio 1		20.00 - 21.00 Water Workout Teaching Pool			



from 6 Sept 2010

Group One classes are:
Body Pump, Body Combat, Boxercise, Body Attack, Yoga, Pilates and Tai Chi.
All other Exercise Classes are Group Two.

Aqua Health Club*
Course changes every 6 weeks, ask for details

Please Note:
Classes are bookable 7 days in advance, participants will be charged in full for cancellations within 24 hours or non attendance

Details correct at the time of going to press. This programme and content is subject to change at the discretion of Anglia Community Leisure.

