



LYMINGTON
HEALTH AND LEISURE

NEW 2020

Group fitness timetable

MONDAY

7.30am - 8.00am	HIIT	Kris	Studio 1
8.00am - 8.30am	HIIT	Kris	Studio 1
8.00am - 9.00am	Pilates* (Beginners)	Lenka	Studio 2
9.00am - 10.00am	Body Conditioning	Nik	Studio 1
9.00am - 10.00am	Pilates* (Improvers)	Lenka	Studio 2
9.30am - 10.00am	Studio Cycling	Ruth	Cycling Studio
10.00am - 10.45am	Kettlebell	Nik	Studio 1
10.00am - 11.00am	Pilates* (Advanced)	Lenka	Studio 2
10.05am - 10.50am	Studio Cycling	Ruth	Cycling Studio
11.00am - 12noon	Health Circuit**	Louise	Studio 1
11.00am - 12noon	Aerobics	Roni	Studio 2
12noon - 1.00pm	Cardiac Circuit**	Louise	Studio 1
5.25pm - 5.55pm	Studio Cycling	Andy	Cycling Studio
6.00pm - 6.45pm	Studio Cycling	Andy	Cycling Studio
7.10pm - 8.10pm	Les Mills Bodypump™	Karen D	Studio 1

TUESDAY

9.00am - 9.45am	Studio Cycling	Nik	Cycling Studio
9.15am - 10.15am	Les Mills Bodypump™	Karen D	Studio 1
10.00am - 11.00am	Stretch and Flow	Alison	Studio 2
10.20am - 11.05am	Les Mills Bodypump™	Karen D	Studio 1
10.30am - 11.15am	Studio Cycling	Alysha	Cycling Studio
11.35am - 12.20pm	Aqua Aerobics	Ruth	Pool
6.00pm - 6.30pm	Studio Cycling	Sue	Cycling Studio
6.00pm - 7.00pm	Les Mills Bodyattack™	Karen D	Studio 1
6.40pm - 7.25pm	Studio Cycling	Sue	Cycling Studio
7.00pm - 7.30pm	HIIT	Kris	Studio 1
7.35pm - 8.30pm	Les Mills Bodybalance™	Natasha	Studio 1

WEDNESDAY

7.30am - 8.00am	HIIT	Kris	Studio 1
8.00am - 8.30am	HIIT	Kris	Studio 1
9.15am - 10.15am	Zumba	Nicky	Studio 1
9.30am - 10.15am	Studio Cycling	Alysha	Cycling Studio
10.20am - 11.05am	Body Conditioning	Nicky	Studio 1
11.15am - 12.15pm	Stretch and Flow	Alison	Studio 1
6.00pm - 6.30pm	Studio Cycling (Beginners)	Sue	Cycling Studio
6.00pm - 6.30pm	Abdominal Conditioning	Karen D	Studio 1
6.30pm - 7.30pm	Les Mills Bodypump™	Alysha	Studio 1
6.35pm - 7.05pm	Studio Cycling	Sue	Cycling Studio
6.50pm - 7.35pm	Aqua Aerobics	Belinda	Pool

THURSDAY

8.30am - 9.00am	Studio Cycling	Karen D	Cycling Studio
8.45am - 9.45am	Pilates* (Improvers)	Jenny N	Studio 2
9.15am - 10.15am	Les Mills Bodyattack™	Karen D	Studio 1
9.45am - 10.45am	Pilates* (Advanced)	Jenny N	Studio 2
10.15am - 11.15am	Les Mills Bodybalance™	Jennifer	Studio 1
10.25am - 11.10am	Studio Cycling	Scott	Cycling Studio
10.50am - 11.50am	Yoga* (Mixed Ability)	Alison	Studio 2
6.00pm - 7.00pm	Zumba	Clare	Studio 1
6.00pm - 7.00pm	Yoga* (Mixed Ability)	Alison	Studio 2
6.15pm - 6.45pm	Studio Cycling (Beginners)	Rebecca	Cycling Studio
6.55pm - 7.40pm	Studio Cycling	Rebecca	Cycling Studio
7.00pm - 8.00pm	Bootcamp	Nik	Studio 1

FRIDAY

8.30am - 9.00am	Body Attack Les Mills™	Karen D	Studio 1
9.00am - 9.30am	Studio Cycling	Ruth	Cycling Studio
9.15am - 10.15am	Les Mills Bodypump™	Karen D	Studio 1
9.35am - 10.05am	Studio Cycling	Ruth	Cycling Studio
10.00am - 11.00am	Stretch and Flow	Terry	Studio 2
11.30am - 12.30pm	Total Stability**	Sarah	Studio 1
1.30pm - 2.30pm	Steady and Strong	Sarah	Studio 1
5.25pm - 5.55pm	Studio Cycling	Nik	Cycling Studio
6.00pm - 6.45pm	Studio Cycling	Nik	Cycling Studio
6.00pm - 7.00pm	Les Mills Bodypump™	Caroline	Studio 1

SATURDAY

8.20am - 8.50am	Studio Cycling	Sue	Cycling Studio
8.30am - 9.30am	Les Mills Bodyattack™	Jennifer	Studio 1
9.00am - 9.45am	Studio Cycling	Sue	Cycling Studio
9.30am - 10.30am	Zumba	Clare	Studio 1
10.30am - 11.30am	Les Mills Bodybalance™	Catherine	Studio 1

SUNDAY

9.00am - 9.30am	Studio Cycling	Rebecca	Cycling Studio
9.15am - 10.15am	Les Mills Bodypump™	Karen C	Studio 1
9.35am - 10.05am	Studio Cycling	Rebecca	Cycling Studio
10.15am - 11.00am	Kettlebell	Karen C	Studio 1

* Courses

** Requires referral, please enquire at reception



LYMINGTON
HEALTH AND LEISURE

What to expect

ABDOMINAL CONDITIONING

Fun and varied exercises that are designed to develop a firmer, flatter stomach.

AQUA AEROBICS

A fantastic workout to music in the water. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

LES MILLS BODYBALANCE™

Ideal for anyone and everyone, Bodybalance™ is the yoga-based class that will improve your mind, your body and your life. Bend and stretch your way through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

BODY CONDITIONING

This class is suitable for people of all levels and abilities. It is a workout which will focus on toning your body using a variety of equipment.

LES MILLS BODYATTACK™

A high energy interval training class which combines athletic aerobic movements with strength and stabilisation exercises.

LES MILLS BODYPUMP™

Bodypump™ is for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Body Pump™ gives you a total body workout. You'll leave the class feeling challenged and motivated, ready to come back for more.

BOOTCAMP

With Bootcamp it's not how good you are it's how bad you want it! One hour, one goal.. to be the last man standing. We will test your strength, determination, power and agility throughout this gruelling exercise session. Not for the faint hearted.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

This interval-based class combines body weight strength training with high intensity cardio bursts designed to blast fat, improve your endurance and get you in ultimate shape. Modifications for all fitness levels are provided. Classes are only 25 minutes in duration.

KETTLEBELL

This is a short and intense 30 minute session providing a total body workout and is a fantastic way to tone up, increase core strength, raise your metabolism and lose weight using a Kettlebell.

KETTLECISE

Integrates the traditional kettlebell in to a high volume, low intensity, all over body workout delivered in a heart pumping, fat burning, and muscle toning class.

PILATES

Work that core to improve your flexibility, muscle tone and postural alignment. We offer beginner, intermediate and advanced sessions.

STUDIO CYCLING

A high energy indoor cycling class will get you fit, burns serious calories and is great for lower body toning. Big tunes and big baselines are guaranteed as you attack hill climbs and sprints. This session will see you become both physically and mentally stronger. New participants are recommended to arrive 10 minutes prior to the start of the session.

STEADY & STRONG

This class is designed to improve balance, flexibility and stability. It is suitable for older people who are unsteady on their feet, it will help them carry out their normal daily routines with confidence.

YOGA

Connect your mind and body, through postural, breathing and relaxation exercises.

ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

LEGS, BUMS AND TUMS

Our `legs, bums & tums` class is a fun filled way to help tone those areas and improve your overall body shape.

STRETCH & FLOW

Moving through a series of stretches and exercises to help tone the body, improve strength and your flexibility.

Tag us on our social media accounts and let us know how you got on

 [newforestleisure](#)

 [newforesthealthandleisure](#)