



aspirations

# Fitness Class Programme

September - October 2020

All classes including capacities are subject to change due to facility availability

[www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)

**tw** LEISURE



Telford & Wrekin  
COUNCIL

# Class descriptions

## Aquafit

An excellent low impact aerobic workout and muscle conditioning session, with the added fun of being in water!



## Bodyattack™

Bodyattack is the sports-inspired cardio workout for building strength and stamina.



## Bodybalance™

Bodybalance is a yoga based class embracing elements of Tai Chi and Pilates. It will improve your mind, body and life.



## Bodycombat™

Bodycombat is the empowering cardio workout where you are totally unleashed, inspired by martial arts.



## Bodypump™

Bodypump is the original barbell class that strengthens your entire body.

## Body Sculpture

Whole body strength and conditioning class, combining weight bars, dumb bells and floor work to challenge the body.

## Circuits

A high energy, high impact workout that incorporates a wide variety of aerobic and resistance exercises, effective at improving fitness and body toning.

## CXWORX CXWORX

A core class using resistance tubes, weight plates, as well as body weight exercises like crunches and hovers.

## LES MILLS GRIT

The 30 minute High-Intensity Interval Training (HIIT) workout designed to improve strength and cardiovascular fitness to maximise calorie burn.

## Legs, Bums & Tums

Warm up and then tone, tone, tone! Exercises performed on specific muscle groups to tone the body.

## Mature Mega Mix

A low impact class carried out at a gentle pace, perfect for beginners and over 50's.

## Pilates

A multi muscle workout concentrating on core strength, promoting flexibility and mobility.



## RPM™

Indoor cycling workout, riding to the rhythm of powerful music.



## RPM Virtual™

A 30 or 45 minute virtual indoor cycling class.



## SH'BAM™

A fun-loving, insanely addictive dance workout.

## Spinfit

Cycle class building confidence, strength & cardio vascular fitness.



## Sprint™

A 30 minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

For class etiquette please visit  
[www.telfordandwrekinleisure.co.uk/saferulesfitnessclasses](http://www.telfordandwrekinleisure.co.uk/saferulesfitnessclasses)

### **Sprint Virtual™**

A virtual 30 minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

### **Step 'n' Tone**

This class offers a combination of step aerobics followed by an all over body tone to reach those problem areas.

### **The Trip**

The Trip Live is an instructor led virtually immersive cycling work out experience with a journey through digitally created worlds.

### **The Trip Virtual™**

Is a virtual immersive cycling workout experience that combines 40 minutes of multi-peak cycling workouts with a journey through digitally created worlds.

### **Tone 'n' Trim**

A class designed to tone and trim all those problem areas.

### **Vibe Step**

A back to basics step class that is easy to follow and lots of fun. Perfect for beginners; lots of creative and simple choreography and you can progress, as your skills and confidence grow.

### **Yoga**

Improves flexibility, strength, posture, relaxation and is suitable for all fitness levels.

### **Zumba**

Cardiovascular class for all fitness levels incorporating cultural dance moves.

All classes are monitored regularly. Classes under performing may be subject to change. Classes may be subject to change due to school commitments.  
**Bank Holidays:** Please check with individual centres for programme details on these days.

# Abraham Darby Sports & Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15am	9.30 - 10.15am	6 - 6.45pm	9.30 - 10.15am	6 - 6.30pm	8.30 - 9.15am	9 - 9.45am
Tone 'n' Trim*	Pilates*	 LES MILLS BODYCOMBAT	 LES MILLS RPM	 LES MILLS GRIT	 LES MILLS BODYPUMP	 LES MILLS BODYPUMP
6 - 6.45pm	6 - 6.45pm	6.30 - 7.15pm	1.45 - 2.30pm		9.30 - 10.15am	10 - 10.30am
 LES MILLS BODYATTACK	 LES MILLS BODYATTACK	Spinfit	Aquafit		 LES MILLS BODYCOMBAT	 CXWORX
7.15 - 8pm	6 - 6.45pm	7 - 7.30pm	6 - 6.45pm		10.30 - 11.15am	
 LES MILLS RPM	 LES MILLS RPM	 LES MILLS GRIT	 LES MILLS BODYPUMP		 LES MILLS RPM	
7.15 - 8pm	7 - 7.30pm	8 - 8.45pm	7.15 - 8pm			
 ZUMBA	 CXWORX	Aquafit	Legs Bums and Tums			
	7.45 - 8.30pm		8.15 - 9pm			
	 LES MILLS BODYPUMP		 ZUMBA			

## KEY

Sports Hall

Swimming Pool

Dance Studio

Park Lane Centre

# Newport Swimming Pool

Monday	Tuesday	Wednesday	Thursday	Friday
9.15 - 10am	8 - 8.45pm		8.30 - 9.15pm	1 - 1.45pm
Aquafit	Aquafit		Aquafit	Aquafit

# Oakengates Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 - 6.15pm 	6 - 6.45pm 	5.30 - 6.15pm 	5.30 - 6.15pm 	6 - 6.45pm 	8.30 - 9.15am 	9.30 - 10.15am 
6 - 6.45pm 	6 - 6.45pm 	6 - 6.45pm 	5.30 - 6.15pm 			
6.30 - 7.15pm 	7 - 7.45pm Legs Bums and Tums	6.30 - 7.15pm 	6.30 - 7.15pm 			
7 - 7.45pm		7.30 - 8.15pm 	8.30 - 9.15pm AquaFit			
Body Sculpture						
7.45 - 8.30pm						
AquaFit						

# Wellington Civic & Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15 - 9.45am <b>CXWORX</b>	9.15 - 10am <b>LES MILLS BODYPUMP</b>	9.15 - 10am <b>LES MILLS BODYBALANCE</b>	9 - 9.45am <b>LES MILLS BODYPUMP</b>	9 - 9.45am <b>LES MILLS BODYCOMBAT</b>	8.30 - 9am <b>LES MILLS BODYPUMP</b>	9.30 - 10.15am <b>LES MILLS BODYATTACK</b>
10 - 10.45am <b>LES MILLS SH'BAM</b>	10.30 - 11.15am <b>LES MILLS BODYCOMBAT</b>	10.30 - 11.15am <b>LES MILLS SH'BAM</b>	10 - 10.30am <b>CXWORX</b>	10 - 10.45am Pilates	9.15 - 9.45am <b>CXWORX</b>	10.30 - 11.15am <b>LES MILLS BODYBALANCE</b>
11 - 11.45am <b>LES MILLS BODYBALANCE</b>	11 - 11.45am AquaFit	11 - 11.45am AquaFit	10.45 - 11.30am Mature Mega Mix	11 - 11.45am Pilates	10 - 10.45am <b>LES MILLS BODYBALANCE</b>	5 - 5.45pm <b>ZUMBA</b>
11 - 11.45am AquaFit	5.30 - 6.15pm <b>LES MILLS BODYPUMP</b>	5.30 - 6pm <b>CXWORX</b>	5.30 - 6.15pm <b>LES MILLS BODYCOMBAT</b>	11.15 - 12pm AquaFit	11 - 11.45am Mature Mega Mix	6 - 6.45pm <b>LES MILLS SH'BAM</b>
5.30 - 6.15pm Pilates		6.15 - 7pm <b>ZUMBA</b>	7.30 - 8.15pm <b>LES MILLS BODYBALANCE</b>	5 - 5.45pm <b>LES MILLS BODYPUMP</b>		
6.45 - 7.30pm <b>LES MILLS BODYPUMP</b>		7.15 - 8pm <b>LES MILLS BODYATTACK</b>		6.15 - 7pm <b>LES MILLS BODYBALANCE</b>		
7 - 7.45pm AquaFit		8 - 8.45pm AquaFit				
8 - 8.45pm Legs Bums and Tums						

# Wellington Civic & Leisure Centre - Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.15am 	6.45 - 7.30am 	6.45 - 7.15am 	6.45 - 7.30am 	6.45 - 7.15am 	7.15 - 7.45am 	7.15 - 7.45am 
9.30 - 10.15am 	9.30 - 10.15am 	9.30 - 10.15am 	9.30 - 10.15am 	10.15 - 11am 	8.30 - 9.15am 	12.15 - 1pm 
10.30 - 11am 	12.45 - 1.30pm 	12.45 - 1.15pm 	12.45 - 1.30pm 	12.45 - 1.15pm 	12.15 - 1pm 	5.15 - 6pm 
12.45 - 1.30pm 	6.30 - 7.15pm 	6 - 6.45pm 	5.30 - 6pm 	6 - 6.30pm 	5.15 - 6pm 	
5.45 - 6.30pm 	7.30 - 8.15pm 	7 - 7.45pm 	6.15 - 7pm 	6.45 - 7.30pm 		
7.15 - 8pm 						



# teen Fitness Timetable

aspirations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15am RPM	10.30 - 11.15am Body Combat	9.15 - 10am Body Balance	9.30 - 10.15am RPM	9 - 9.45am Body Combat	8.30 - 9.15am RPM	9.30 - 10.15am Body Attack
10 - 10.45am SH'BAM	6 - 6.45pm Body Attack	10.30 - 11.15am SH'BAM	9.30 - 10.15am RPM	10.15 - 11am RPM	8.30 - 9.15am Body Balance	9.30 - 10.15am SH'BAM
11am - 11.45am Body Balance	6 - 6.45pm Body Combat	6 - 6.45pm Body Combat	5.30 - 6.15pm RPM	6 - 6.45pm RPM	9.30 - 10.15am Body Combat	10.30 - 11.15am Body Balance
5.30 - 6.15pm RPM	6 - 6.45pm RPM	6 - 6.45pm RPM	5.30 - 6.15pm Body Combat	6.15 - 7pm Body Balance	10 - 10.45am Body Balance	6pm - 6.45pm SH'BAM
5.45 - 6.30pm RPM	6.30 - 7.15pm RPM	6 - 6.45pm RPM	5.30 - 6.15pm Body Attack	6.45 - 7.30pm RPM	10.30 - 11.15am RPM	
6 - 6.45pm Body Attack		7.15 - 8pm Body Attack	6.15 - 7pm RPM			
6.30 - 7.15pm RPM		7.30 - 8.15pm Body Balance	7.30 - 8.15pm Body Balance			
7.15 - 8pm RPM						



Abraham Darby Sports & Leisure Centre



Oakengates Leisure Centre



Wellington Civic & Leisure Centre

\*14 and 15 year old must be accompanied by a participating paying adult for gym and class use at all times

# Where to find us:

## **Abraham Darby Sports & Leisure Centre**

Ironbridge Road, Madeley, Telford TF7 5HX

**tel:** 01952 382770

**email:** [abrahamdarbyleisure@telford.gov.uk](mailto:abrahamdarbyleisure@telford.gov.uk)

## **Horsehay Village Golf Centre**

Wellington Road, Horsehay, Telford TF4 3BT

**tel:** 01952 382639

**email:** [horsehay.villagegolfcentre@telford.gov.uk](mailto:horsehay.villagegolfcentre@telford.gov.uk)

## **Newport Swimming Pool**

Victoria Park, Newport TF10 7LH

**tel:** 01952 382740

**email:** [newpool@telford.gov.uk](mailto:newpool@telford.gov.uk)

## **Oakengates Leisure Centre**

New Road Wrockwardine Wood, Telford TF2 7AB

**tel:** 01952 382810

**email:** [oakleisure@telford.gov.uk](mailto:oakleisure@telford.gov.uk)

## **Phoenix Sports & Leisure Centre**

Duce Drive, Dawley, Telford TF4 3JS

**tel:** 01952 382779

**email:** [phoenixleisure@telford.gov.uk](mailto:phoenixleisure@telford.gov.uk)

## **Stirchley Recreation Centre**

Please check with centre for opening times

Grange Avenue, Stirchley, Telford TF3 1ET

**tel:** 01952 382730

**email:** [stirchleyrecreationcentre@telford.gov.uk](mailto:stirchleyrecreationcentre@telford.gov.uk)

## **Wellington Civic & Leisure Centre**

Larkin Way, off Tan Bank, Wellington, Telford TF1 1LX

**tel:** 01952 382720

**email:** [wellingtonleisure@telford.gov.uk](mailto:wellingtonleisure@telford.gov.uk)

[www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)