

# Group exercise programme 2020

**KEY:** ■ Cardio/Aerobic/HIIT ■ Group Cycling ■ Strength & Endurance ■ Mind & Body ■ MyZone sessions

Monday		Tuesday		Wednesday	
18.15 19.00	<b>Insanity</b> Community Hall	18.15 19.00	<b>Group Cycle</b> Community Hall	18.15 19.15	<b>Yoga</b> Community Hall
18.30 19.00	<b>MyZone HIIT</b> Gym Floor	18.30 19.00	<b>MyZone HIIT</b> Gym Floor	18.30 19.00	<b>MyZone HIIT</b> Gym Floor
19.30 20.30	<b>Pilates</b> Community Hall	19.00 20.00	<b>Circuits</b> Community Hall	19.30 20.30	<b>LES MILLS BODYCOMBAT</b> Community Hall
Thursday		Friday		Saturday	
18.00 18.45	<b>Group Cycle</b> Community Hall	17.45 18.15	<b>Transform Live</b> Community Hall	08.45 09.45	<b>Pilates</b> Community Hall
19.00 20.00	<b>Pilates</b> Community Hall	18.30 19.30	<b>Yoga</b> Community Hall	09.45 10.45	<b>LES MILLS BODYCOMBAT</b> Community Hall
				Sunday	
				10.30 11.30	<b>Yoga</b> Lounge

## CLASS DESCRIPTIONS

**Insanity:** Cardio-based class with the principles of interval training, pushing you to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

**Pilates:** A sequence of exercises designed to strengthen core muscles and improve your posture, flexibility and muscle tone.

**Group Cycle:** A high energy session carried out to music on specially designed bikes. Great for improving fitness and stamina using cycling techniques.

**Circuits:** Combination of repetitive exercises performed with short rest periods in between.

**Yoga:** Improve strength, balance and flexibility, helping to relieve stress and calm the mind.

**LES MILLS BODYCOMBAT**  
A high-energy, non-contact martial arts-inspired workout. Punch and kick your way to fitness and burn lots of calories in a class.

**Transform Live:** High-intensity, cardio-conditioning class that utilises a step for an effective, efficient workout.

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

