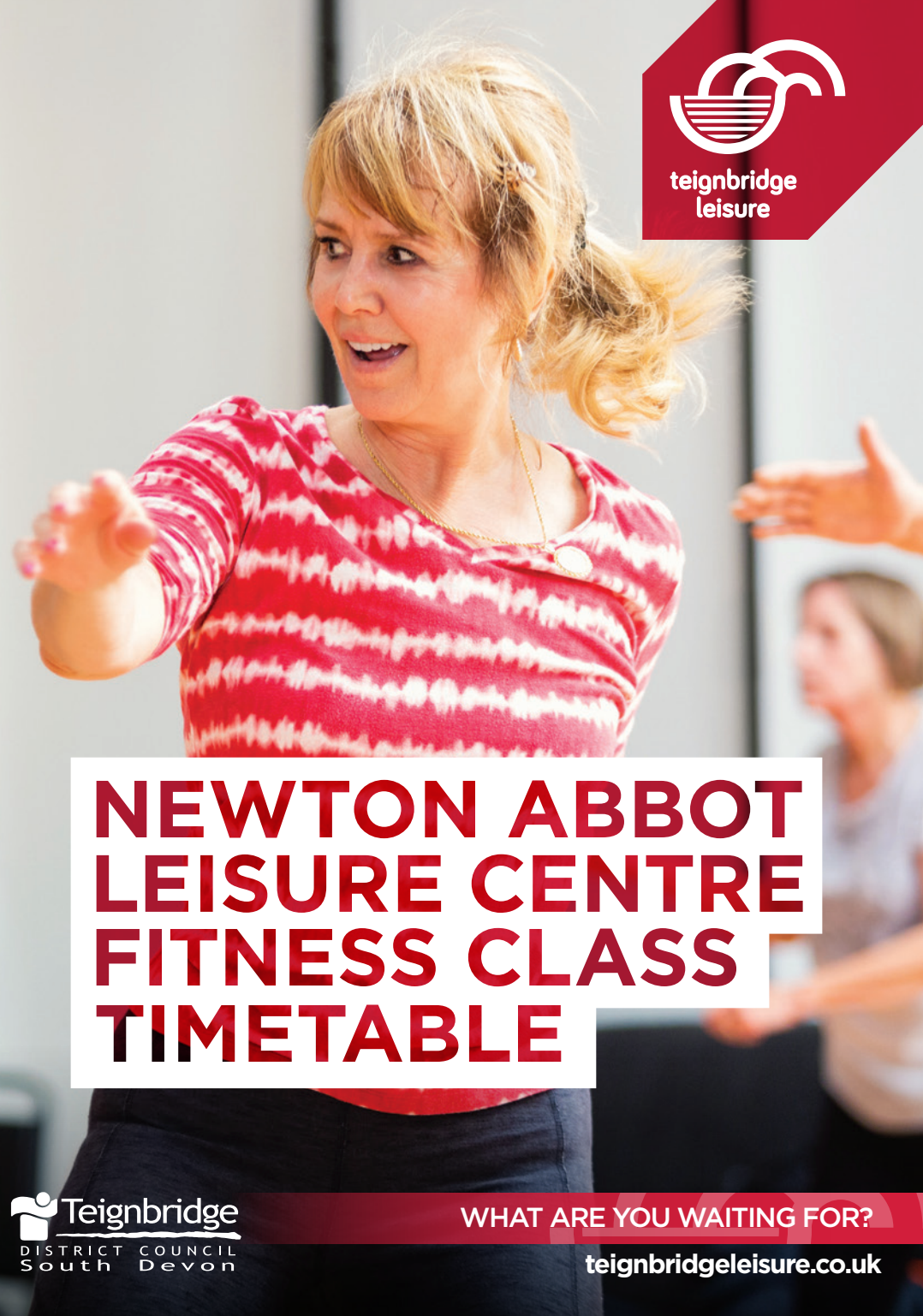




teignbridge
leisure

Class	Description
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movements.
Post-natal Yoga and Baby Massage	Post-natal Yoga for mothers incorporated into the class to stretch and exercise the body. Baby Massage is an excellent way to spend time bonding with your baby and meet other parents.
Pregnancy Yoga	Yoga sessions designed specifically for pregnant women to support their health and wellbeing and aid in preparation for childbirth and mothering.
Rejuvenation Yoga	Stop, breath, relax, observe and rejuvenate.
Yin Yoga	A slow paced style of stretches held for longer with the aim of increasing circulation and improving flexibility.
Yoga	Combines breathing and stretching with basic fitness principles through activity and relaxation.
Yogalates	A unique, effective workout combining the stretching exercises and principles of Yoga and Pilates.
Ab Attack	Session to blast your ab muscles with a variety of core exercises.
Army PT	A military style session, be ready to push yourself to the max.
Body Combat	An empowering cardio workout inspired by a mixture of martial arts. Unleash your inner warrior! All abilities welcome.
Body Pump	Adjustable weight training class for all; sculpt, tone and strengthen your entire body.
Complete Core	A class focused on strength, balance and core stability.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
HIIT Circuits	High Intensity Interval Training which is completed on a variety of stations. Excellent cardiovascular and fat-blasting workout. Suitable for all abilities.
Indoor Cycling	Bring the outdoors inside with this bike class! With a high level calorie burn at varying levels designed to push you.
Row Fit	Fast-paced indoor row class. Burns calories and sculpts muscles in a total body workout that focuses the mind and motivates the crew.
Body Jam	A fusion of dance styles and new music in an addictive cardio workout, burn off those calories and improve co-ordination.
Cardio Chaos	Toning and cardio in combinations and drills. Fun and effective workouts.
Clubbercise	Fun easy-to-follow dance workout with the lights off, rave glow sticks and disco lights on. Club anthems from 90s to today's hits.
Gentle Circuits	An overall body workout through a circuit training program through low impact exercise.
Stretch and Tone	40 minutes of all over body toning, followed by 20 minutes of stretch and relaxation.
Zumba Fitness	Easy to follow Latin inspired movements in a no pressure environment, providing a fun workout for all fitness levels.
Adult Condition Swim	Lane swimming with specialist coaching to improve your technique through drills.
Aqua Circuits	A variety of activities, involving body weight and resistance training.
Aqua Fit	Energising aerobic routines in the pool to music. It raises the heart rate with little pressure on your joints.



NEWTON ABBOT LEISURE CENTRE FITNESS CLASS TIMETABLE



All classes can be enjoyed at your own level of fitness and ability



WHAT ARE YOU WAITING FOR?

teignbridgeleisure.co.uk

Newton Abbot Leisure Centre Fitness Class Timetable

From
June 2018



	MORNING CLASSES							EVENING CLASSES									
MON	Yogalates 09.00 - 09.55 Studio 1	Indoor Cycling / Row Fit 10.00 - 10.45 Studio 3	Body Jam 10.00 - 10.55 Studio 1	Aqua Fit 10.15 - 11.00 Pool	Body Pump 11.00 - 12.00 Studio 1	Gentle Circuits 12.05 - 13.00 Studio 1				Body Pump 18.00 - 19.00 Sports Hall	Yoga 18.00 - 19.00 Studio 2	Body Combat 19.15 - 20.15 Sports Hall	Indoor Cycling 19.00 - 19.45 Studio 3	Pilates 19.00 - 20.00 Studio 1	Yoga 19.00 - 20.00 Studio 2		
TUE	Cardio Chaos 06.45 - 07.30 Sports Hall	Pilates 09.00 - 09.55 Studio 1	Pilates 09.00 - 09.55 Studio 2	Body Pump 10.00 - 11.00 Studio 1	Body Combat 11.00 - 12.00 Studio 1				Circuits 18.00 - 18.55 Studio 1	Body Combat 18.00 - 19.00 Sports Hall	Rejuvenation Yoga 18.00 - 19.00 Studio 2	Ab Attack 19.00 - 19.45 Sports Hall	Body Pump 19.00 - 20.00 Studio 1	Yoga 19.00 - 20.00 Studio 2	Zumba Fitness 20.00 - 21.00 Studio 1	Adult Condition Swim 20.30 - 21.30 Pool	
WED	Gentle Circuits 06.45 - 07.30 Studio 1	Pilates 07.45 - 08.45 Studio 1	Yogalates 08.50 - 09.50 Studio 1	Indoor Cycling 09.15 - 10.00 Studio 3	Stretch and Tone 10.00 - 11.00 Studio 1	Aqua Fit 10.15 - 11.00 Pool			Body Pump 17.45 - 18.45 Sports Hall	Indoor Cycling 18.00 - 18.45 Studio 3	Yogalates 18.30 - 19.30 Studio 1	Body Jam 18.50 - 19.50 Sports Hall	Indoor Cycling / Row Fit 19.00 - 19.45 Studio 3	Aqua Fit 19.00 - 20.00 Pool	Yin Yoga 19.30 - 20.30 Studio 1	Pilates 20.00 - 21.00 Studio 2	
THU	Army PT 06.45 - 07.45 Sports Hall	Pilates 09.00 - 09.55 Studio 1	Pregnancy Yoga 09.30 - 10.30 Training Room	Pilates 10.00 - 10.55 Studio 1	Post Natal Yoga and Baby Massage 10.45 - 11.45 Training Room	Row Fit 11.15 - 12.00 Studio 3			HIIT Circuit 17.45 - 18.25 Sports Hall	Adult Condition Swim 18.00 - 19.00 Pool	Indoor Cycling 18.30 - 19.15 Studio 3	Body Pump 18.30 - 19.30 Sports Hall	Yoga 18.30 - 19.30 Studio 1	Clubbercise 19.30 - 20.30 Sports Hall	Yoga 19.30 - 20.30 Studio 1	Aqua Circuits 19.45 - 20.30 Pool	
FRI	Pilates 09.00 - 09.55 Studio 1	Indoor Cycling 09.15 - 10.00 Studio 3	Complete Core 10.00 - 10.55 Studio 1	Zumba Fitness 11.00 - 12.00 Studio 1					Indoor Cycling 18.00 - 18.45 Studio 3	Body Jam 18.00 - 19.00 Studio 1							
SAT	Family Body Combat 8+ 08.45 - 09.45 Sports Hall	Indoor Cycling 09.15 - 10.00 Studio 3	Body Pump 09.50 - 10.50 Sports Hall														
SUN	Body Pump 09.30 - 10.30 Studio 1	Aqua Circuits 10.30 - 11.30 Pool															

We have lots of other classes at our sister centres, Broadmeadow Sports Centre & Dawlish Leisure Centre. View all our timetables at teignbridgeleisure.co.uk/group-exercise

Book Online:
teignbridgeleisure.co.uk/group-exercise

All cancellations must be made 24 hours prior to the class starting or a non attendance fee will be charged.

- Mind / Body
- Indoor Cycling / Row Fit
- Aqua
- Conditioning
- Aerobic / Choreography