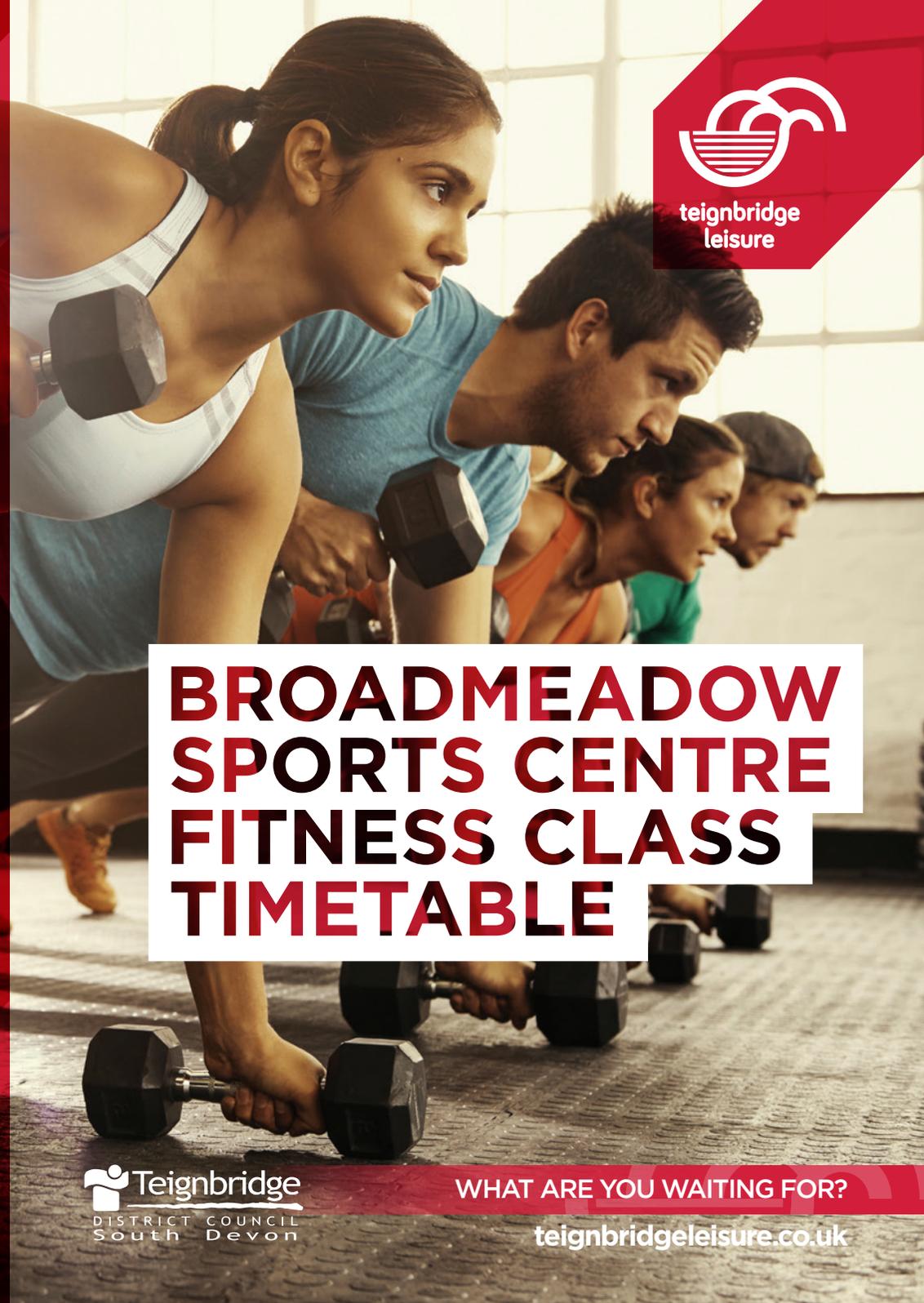




teignbridge
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Class Type	Description
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movements.
Yoga	Combines breathing and stretching with basic fitness principles through activity 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.
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.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
HIIT	High Intensity Interval Training which is done in short bursts. Excellent cardiovascular and fat-blasting workout.
Kettlebells	Challenge every muscle in your body with exercises that are different from your normal routine, Kettlebell training can breathe new life into your fitness programme. Incorporating strength, endurance, power and fun.
Shape & Tone	Selected exercises to compliment and optimise your physique.
Short Tennis	Is typically played on a smaller court and for a shorter duration than standard tennis. The game is for anybody interested in tennis in this fun and social session.
TBTs	A calorie blast session, targeting those troublesome areas with a mix of aerobic and strength exercises.
Walking Basketball and Walking Football	Delivers a walking version of the fast and furious game we are familiar with. This new sport provides low impact, cardio exercise as it involves brisk walking up and down the court. Playing as part of a team brings a sense of camaraderie which is mentally challenging and rewarding.
Indoor Cycling	Bring the outdoors inside with this bike class! With a high level calorie burn at varying levels designed to push you.
Gentle Circuits	An overall body workout through a circuit training program or through low impact exercise.
Prime Life	A low impact session for our more mature clients. An overall body workout through a circuit training programme or team sports.
Step	Cross training workout incorporating elements of aerobic endurance, strength, flexibility and mental agility training.
Zumba	Easy to follow Latin inspired movements in a no pressure environment, providing a fun workout for all fitness levels.



BROADMEADOW SPORTS 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

Broadmeadow Sports Centre Fitness Class Timetable

From
February 2018



	MORNING CLASSES					EVENING CLASSES				
MON	Indoor Cycling 07.05-07.45	Prime Life 08.45-09.45	TBTs 09.45-10.45	Walking Basketball 10.00-11.00	Pilates 10.45-11.45	Body Pump 18.00-19.00	Indoor Cycling 18.00-19.00	Yoga 19.00-20.00	Indoor Cycling 19.00-20.00	Zumba 20.00-21.00
TUE	Body Pump 09.10-10.10	Short Tennis 09.15-11.15	Yogalates 10.15-11.05	Gentle Circuits 11.15-12.00		Ab Attack 17.45-18.30	Step 18.30-19.30			
WED	TBTs 09.30-10.30	Yogalates 10.30-11.30	Beginners Indoor Cycling 11.45-12.30			Body Pump 18.00-19.00	Indoor Cycling 18.00-19.00	Indoor Cycling 19.00-20.00		
THU	Short Tennis 09.15-11.15	Body Pump 09.30-10.30	Pilates 10.30-11.30	Walking Football 11.30-12.30		Zumba 12.30-13.30	Body Pump 18.00-19.00	Circuits 18.00-19.00	Yoga 19.00-20.00	
FRI	HIIT 07.05-07.45	Prime Life 08.45-09.45	TBTs 10.00-11.00			Body Pump 18.00-19.00	Indoor Cycling 18.30-19.30			
SAT	Circuits 09.00-10.00	Step 10.00-11.00								
SUN	Kettlebells 09.30-10.30									

We have lots of other classes at our sister centres, Newton Abbot Leisure 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
- Conditioning
- Aerobic / Choreography