

Class Type	Description
Flow Yoga	Called Flow Yoga because of the smooth way that the poses run together. It is one of the most popular contemporary styles and its broad classification encompasses many different types of yoga. Each movement is synchronised to a breathe.
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movements.
Yogalates	A unique, effective workout combining the stretching exercises and principles of Yoga and Pilates.
Yoga	Combines breathing and stretching with basic fitness principles through activity and relaxation.
Ab Attack	Session to blast your ab muscles with a variety of core exercises.
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.
TBTs	A calorie blast session, targeting those troublesome areas with a mix of aerobic and strength exercises.
Badminton Club	Badminton is a great way to keep fit, meet new people and play a competitive sport. Not instructor led.
Family Rackets	Get out and get active as a family. Short tennis, racketball, squash or badminton are great activities for the whole family. (Not instructor led, rules of the game will be provided)
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. Not instructor led.
Squash Club	Squash is a ball sport played by two players (singles) or four (doubles). It is an easy game to learn with games and equipment being easily modified to suit every skill level. This will be led by a qualified squash coach.
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. (Football not instructor led)
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.



teignbridge
leisure



BROADMEADOW SPORTS CENTRE FITNESS CLASS TIMETABLE



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

Teignbridge
DISTRICT COUNCIL
South Devon

WHAT ARE YOU WAITING FOR?

teignbridgeleisure.co.uk

Broadmeadow Sports Centre Fitness Class Timetable

From
November 2018



	MORNING CLASSES					EVENING CLASSES				
MON	Indoor Cycling 07.05 - 07.50	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	Indoor Cycling 19.00 - 20.00	Yoga 19.00 - 20.00	Zumba 20.00 - 21.00
TUE	Body Pump 09.10 - 10.10	Short Tennis 09.00 - 12.00	Yogalates 10.15 - 11.05	Gentle Circuits 11.15 - 12.00		Zumba 12.30 - 13.30	Ab Attack 17.45 - 18.30	Step 18.30 - 19.30	Flow Yoga 19.30 - 20.30	
WED	TBTs 09.30 - 10.30	Indoor Cycling 09.30 - 10.30	Pilates 10.30 - 11.30	Badminton Club 12.00 - 14.00		Body Pump 18.00 - 19.00	Indoor Cycling 18.00 - 19.00	Indoor Cycling 19.00 - 20.00	Flow Yoga 19.00 - 20.00	
THU	Short Tennis 09.00 - 11.15	Body Pump 09.30 - 10.30	Pilates 10.30 - 11.30	Walking Football 11.30 - 12.30	Beginners Pilates 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	Short Tennis 09.00 - 12.00	TBTs 10.00 - 11.00	Body Pump 11.15 - 12.15	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 09.00 - 10.00	Pilates 10.00 - 11.00	Family Rackets 12.00 - 14.00			Squash Club 14.00 - 16.00				

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
- Conditioning
- Social Sports
- Indoor Cycling
- Aerobic / Choreography