

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 breath.
Foam Roller and Stretch	Our foam roller and stretch exercise class has been designed to improve flexibility, reduce muscular stiffness, speed up recovery, alleviate pain and prevent musculoskeletal injuries. You will learn how to safely and effectively use your foam roller by rolling over different muscle groups slowly, stopping and holding on sore trigger points until the tension is released, which can be achieved in 30 to 90 seconds.
Chair Based Pilates	Improve posture, muscle tone, balance, joint mobility and improve confidence in your day to day life. It is particularly suited to, and a great form of exercise, for those who feel less mobile, recovering from ill health or injury.
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movements.
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.
Body Blast	45 minutes of a high intensity full body workout that will kick your metabolism into overdrive helping you burn calories long into the night.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
Metafit	Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.
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, racket ball, squash or badminton are great activities for the whole family. (Not instructor led, rules of the game will be provided)
Short Tennis	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.
Rackets Sports	A combination of racket sports, short tennis and badminton. Dig out and dust off your old rackets or use ours. Available for all levels and abilities, improve your overall well being with this instructor led activity.
Walking Sports	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)
Zumba Glow	Easy to follow Latin inspired movements with lights down, glow sticks and disco lights on. A fun workout for all levels and abilities.
Strong by Zumba	A high intensity tempo training class, think burpees, push ups, and other high-impact moves all synced to specific music.
Zumba	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 Fit	Energising aerobic routines in the pool to music. It raises the heart rate with little pressure on your joints.
Aqua Circuits	A variety of activities, involving body weight and resistance training.



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DAWLISH LEISURE CENTRE FITNESS CLASS TIMETABLE

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



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 **Teignbridge**
DISTRICT COUNCIL
South Devon

WHAT ARE YOU WAITING FOR?

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Dawlish Leisure Centre Fitness Class Timetable

From
January 2020



MORNING CLASSES

MONDAY	Aqua Fit 10.00 - 11.00	Flow Yoga 11.00 - 12.00	Racket Sports 10.35 - 11.35	
TUESDAY	Metafit 06.30 - 07.00	Aqua Fit 10.00 - 11.00	TBTs 10.35 - 11.35	Walking Football 10.35 - 11.35
WEDNESDAY	Adult Condition Swim 11.00 - 12.00	Racket Sports 10.35 - 11.35	Flow Yoga 11.30 - 12.30	
THURSDAY	Pilates 09.15 - 10.15	Aqua Fit 10.00 - 11.00	Chair Based Pilates 10.30 - 11.30	TBTs 10.35 - 11.35
FRIDAY	Aqua Circuits 10.00 - 11.00	Walking Basketball 10.35 - 11.35		
SATURDAY	Strong by Zumba 09.00 - 10.00	Short Tennis 10.00 - 12.00	Family Rackets 12.30 - 14.30	
SUNDAY	Aqua Fit 10.00 - 11.00			

EVENING CLASSES

Body Blast 18.00 - 18.45	Circuits 19.00 - 20.00	Foam Roller and Stretch 20.15 - 21.00		
Short Tennis 16.00 - 18.00	Aqua Circuits 17.30 - 18.30	Zumba 18.00 - 19.00	Body Pump 19.15 - 20.15	Pilates 20.15 - 21.15
TBTs 17.45 - 18.45	Circuits 19.00 - 20.00			
Body Pump 18.00 - 19.00	Aqua Fit 19.00 - 20.00	Ab Attack 19.00 - 20.00		
Zumba Glow 18.00 - 19.00	Circuits 19.00 - 20.00	Badminton Club 20.00 - 21.00		
Adult Condition Swim 18.30 - 19.30				

We have lots of other classes at our sister centres, Broadmeadow Sports Centre & Newton Abbot Leisure Centre. View all our timetables at teignbridgeleisure.co.uk/group-exercise
All classes subject to change based on demand.

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

All cancellations must be made 4 hours prior to the class starting or a non attendance fee will be charged.

- Mind / Body
- Aqua
- Social Sports
- Conditioning
- Aerobic / Choreography