

# Class Descriptions

## Kettle Bells

Strength based class incorporating a full body workout that will test all levels.

## Legs Bums & Tums

Resistance training for lower body using linked low impact moves.

## LZ Cycle

Indoor cycling with endurance, speed, interval, strength and HIIT rides.

## LZ Cycling

Virtual instructor lead or with a scenic background for a great cardio workout.

## LZ Jump!

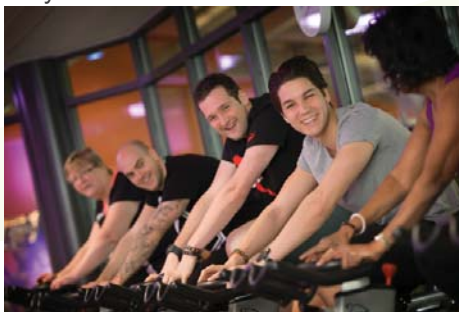
A trampette based fun and exhilarating cardio workout.

## Metafit

A high intensity workout including a series of body weight exercises with interval style training.

## Pilates

This technique is a wonderful way to develop deep postural muscle strength whilst lengthening & toning the whole body.



## Pre/Post Natal Exercise

Class for those exercising through and after pregnancy, including relaxation and core exercises.

## Total Body Conditioning

A muscle toning and strengthening workout with use of weights, bodybars, exotubes and your own body weight.

## Ultimate Conditioning

Effective & hardcore workout, incorporating big strength moves and hard hitting cardio, a great way to start your day.

## Yoga

Holistic class concentrating on breathing, relaxed movements, focal concentration and meditation.

## Zumba Fitness®

Dance class with pulsating Latin rhythms and red-hot dance steps, Zumba is Spanish slang for “to move fast and have fun”.

## Zumba Gold®

An invigorating dance-fitness class that feels fresh and exhilarating, with low-impact moves for active older adults.



# Fitness Classes



# Fitness Class Timetable

## 2018



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

Harlow Leisurezone, Second Avenue, Harlow, Essex, CM20 3DT

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Please note a reduced programme is in operation during the Summer, Bank Holidays and Christmas week. Please ring 01279 621500 in advance to check.

## Class Timetable

Day	Class	Instructor	Location	Intensity
<b>Monday</b>				
06.30-07.30	Body Pump*	Milly	Studio 1	♥♥♥♥
06.30-07.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
09.30-10.30	LZ Cycle**	Nikki	Cycle Studio	♥♥♥♥
10.30-11.30	Legs, Bums and Tums	Laura	Studio 1	♥♥♥
11.00-12.00	Zumba Gold	Abbie	Studio 2	♥♥
12.00-12.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
12.00-13.00	Body Pump*	Caroline	Studio 1	♥♥♥♥
13.00-13.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
17.00-17.45	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
17.45-18.45	Total Body Conditioning	Debbie	Studio 1	♥♥♥
17.45-18.45	Pilates	Caroline	Studio 2	♥♥
18.00-18.30	Easyline	Gym Instructor	Gym	♥♥
18.45-19.45	All Step	Jan	Studio 1	♥♥♥
18.45-19.45	HIIT Cycle**	Kirsty	Cycle Studio	♥♥♥♥
18.45-19.30	Pre/Post Natal Exercise	Caroline	Studio 2	♥♥
19.00-20.00	Body Combat	Graeme	Tennis Hall	♥♥♥♥
19.00-19.30	Ab Attack	Gym Instructor	Gym	♥♥
19.45-20.45	Circuits	Laura	Sports Arena	♥♥♥♥
20.00-21.00	Body Pump*	Sandra	Studio 1	♥♥♥♥

## Tuesday

06:30-07:30	Ultimate Conditioning	Natalie	Studio 1	♥♥♥♥
07.00-07.30	Easyline	Dave	Gym	♥♥
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
10.30-11.30	Total Body Conditioning	Cara	Studio 1	♥♥♥
11.45-12.45	Pilates	Becs	Studio 2	♥♥
12.30-13.30	LZ Cycle**	Caroline	Cycle Studio	♥♥♥♥
18.00-18.50	Instensity	Mark	Tennis Hall	♥♥♥♥
18.00-19.00	Body Balance*	Lorraine D	Studio 2	♥♥
18.00-19.00	LZ Cycle**	Tom	Cycle Studio	♥♥♥♥
18.00-19.00	Body Jam	Debbie	Studio 1	♥♥♥
18.30-19.00	Easyline	Gym Instructor	Gym	♥♥
19.00-19.30	Ab Attack	Gym Instructor	Gym	♥♥
19.00-20.00	Body Attack	Debbie	Studio 1	♥♥♥♥
19.00-20:00	Fighting Fit Conditioning	Mark	Tennis Hall	♥♥♥♥
19.30-20.30	LZ Cycle**	Lauren	Cycle Studio	♥♥♥♥
20.15-21.15	Zumba	Jamie	Studio 1	♥♥♥

## Class Timetable

Day	Class	Instructor	Location	Intensity
<b>Wednesday</b>				
06.30-07.30	LZ Cycle**	Milly	Cycle Studio	♥♥♥♥
09.30-10.30	Gentle Circuit	Nikki	Main Hall	♥
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
09.30-10.30	Fit Ball	Caroline	Studio 2	♥♥
09.30-10.00	HIIT	Dave	Studio 1	♥♥♥♥
10.00-10.30	HIIT	Dave	Studio 1	♥♥♥♥
10.45-11.45	Kettle Bells	Nikki	Studio 1	♥♥♥♥
11.30-12.30	LZ Cycle**	Jane	Cycle Studio	♥♥♥♥
11.45-12.45	Gentle Movement	Laura	Studio 1	♥
12.45-13.45	Zumba Gold	Lauren	Studio 2	♥♥
13.00-13.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
17.30-18.30	Kettle Bells	Dave	Studio 1	♥♥♥♥
18.00-19.00	LZ Jump!	Cara	Studio 2	♥♥♥♥
18.30-19.30	Body Attack	Louisa/Sandra	Studio 1	♥♥♥
18.45-19.45	LZ Cycle**	Nikki	Cycle Studio	♥♥♥♥
19.00-19.30	Ab Attack	Gym Instructor	Gym	♥♥
19.45-20.45	Body Pump*	Daren	Studio 1	♥♥♥♥
20.00-21.00	Yoga	Clive	Studio 2	♥♥
20.30-21.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥

## Thursday

06.30-07.15	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
06.30-07.30	Body Pump	Milly	Studio 1	♥♥♥♥
07.00-07.30	Easyline	Dan	Gym	♥♥
09.30-10.30	Box-it-Fit	Dave	Studio 1	♥♥♥♥
09.30-10.30	Body Balance*	Jo	Studio 2	♥♥
10.30-11.30	Legs, Bums & Tums	Cara	Studio 1	♥♥♥
12.30-13.30	LZ Cycle**	Jane	Cycle Studio	♥♥♥♥
17.00-17.45	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
18.00-19.00	Fit Ball	Caroline	Studio 2	♥♥
18.30-19.00	Easyline	Gym Instructor	Gym	♥♥
18.15-19.15	Zumba	Jamie/Abbie	Studio 1	♥♥♥
18.30-19.30	LZ Cycle**	Jane	Cycle Studio	♥♥♥♥
19.15-20.15	Pilates	Caroline	Studio 2	♥♥
19.30-20.30	Circuits	Laura	Studio 1	♥♥♥♥
19.30-20.30	Strength for Women	Gym Instructor	Strength	♥♥

Leisurezone have launched a brand new mobile app to enable you to always have your facility in your pocket. With quick and easy access to book your favourite fitness classes and activities. Get up-to-date information, news, fitness class timetables, swim timetables, offers, events and receive push notifications for important news.

To download our mobile app: for Android please use the following Google Playstore Link:  
<https://play.google.com/store/apps/details?id=com.innovatise.harlowleisurezone>  
 To download for ios please use the following iTunes Link:  
<https://itunes.apple.com/gb/app/leisurezone/id1073850690?mt=8>



# Class Timetable

Day	Class	Instructor	Location	Intensity
<b>Friday</b>				
06.30-07.30	LZ Cycle**	Milly	Cycle Studio	♥♥♥♥
09.30-10.30	Gentle Circuit	Caroline	Main Hall	♥
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
09.30-10.30	LZ Jump!	Cara	Studio 2	♥♥♥♥
10.00-11.00	Body Attack	Debbie	Studio 1	♥♥♥♥
11.00-12.00	Zumba	Clare	Studio 1	♥♥♥
11.00-12.00	Body Balance*	Caroline	Studio 2	♥♥
13.00-13.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
17.30-18.00	Metafit	Abbie	Studio 2	♥♥♥♥
18.00-18.30	Metafit	Abbie	Studio 2	♥♥♥♥
18.00-19.00	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
<b>Saturday</b>				
09.00-10.00	Box-it-Fit	Mark	Studio 1	♥♥♥♥
10.00-11.00	LZ Cycle**	Milly	Cycle Studio	♥♥♥♥
10.00-11.00	All Step	Jan	Studio 1	♥♥♥
10.00-11.00	Pilates**	Caroline	Studio 2	♥♥
11.30-12.30	Body Pump*	Caroline	Studio 1	♥♥♥♥
12.00-13.00	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
12.45-13.45	Yoga	Gary	Studio 2	♥♥
14.30-15.30	LZ Cycling**	Virtual	Cycle Studio	♥♥♥♥
<b>Sunday</b>				
08.30-09.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥
08.45-09.45	Body Balance*	Milly	Studio 2	♥♥
09.45-10.45	Circuits	Tom/Roy	Studio 1	♥♥♥♥
10.00-11.00	Body Balance*	Milly	Studio 2	♥♥
11.00-12.00	Body Attack	Lorraine D	Studio 1	♥♥♥♥
11.30-12.30	LZ Cycle**	Jane	Cycle Studio	♥♥♥♥
14.30-15.30	LZ Cycling	Virtual	Cycle Studio	♥♥♥♥

# Class Descriptions

## Ab Attack

A challenging 30 minute Abs and Core blast to target your entire core.

## All Step

Cardiovascular workout with choreographed routines stepping on and off a platform.

## Body Attack

Intense cardiovascular workout for a great cross training.

## Body Balance

Holistic workout with Yoga, Tai Chi & Pilates to bring your mind, body & soul into balance.

## Body Combat

A fun, high energy multi discipline martial arts based workout, that's suitable for all abilities.

## Body Pump

Strength and endurance training class using barbells.

## Body Jam

Fun, dance based class to burn fat and improve cardiovascular fitness.

## Box-it-Fit

Conditioning using boxing skills & pads for maximum effect.

## Circuits

A combination of cardio favourites together with the best bits of resistance exercise.

## Easy Line

A 30 minute hydrolic based circuit that will challenge all fitness levels.

## Fitball

Full body workout with a Fitball and your own body resistance.

## Fighting Fit Conditioning

A fun and energetic circuit based class, incorporating multiple types of combat moves whilst getting a great cardio workout.

## Gentle Circuits

An uplifting and friendly class with a wide range of gentle activities for an invigorating workout.

## Gentle Movement Class

A gentle, fun class that promotes improved flexibility, strength and health.

## Intensity

A high intensity interval class that will test you mentally as well as physically.

## HIIT High Intensity Interval Training

Perfect for fat burning toning and great for limited timed workouts to get the max out of training.



The minimum age for most classes is 16 years old, with the exception of Body Jam, Box-it-Fit, and Pilates which can be enjoyed from age 14 and Fighting Fit, Body Combat, Intensity, LZ Cycling and Zumba from 11 years.  
Harlow Leisurezone Class Timetable is regularly reviewed and subject to change.

If you're new to LZ Cycle ensure you arrive at least 10 mins prior to the start time and report to the class instructor. Please arrive promptly to all classes. If you are over 10 mins late you may be refused entry. The decision whether to allow you to join the class will be at the instructor's discretion.\*Please note if you're new to Body Balance or Body Pump Classes, you must book a technique class first. Speak to a member of our team who will arrange this for you.  
\*\*Pre booking advisable