



# FITNESS CLASSES



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Monday	Class	Instructor	Location	Intensity
06.30-07.30	Body Pump	Milly	Studio 1	●●●●
07.00-07.30	Easyline	Gym Instructor	Gym	●●●
09.30-10.30	LZ Cycle*	Nikki	Cycle Studio	●●●●
09.30-10.30	Body Balance	Milly	Studio 2	●●
10.30-11.30	Zumba Gold	Ashleigh	Studio 1	●●
12.00-13.00	Body Pump	Caroline	Studio 1	●●●●
17.45-18.45	Pilates	Caroline	Studio 2	●●
18.00-18.30	Ab Attack	Gym Instructor	Gym	●●●●
18.00-19.00	Total Body Conditioning	Debbie	Studio 1	●●●
19.30-20.30	Body Combat	Karen	Studio 2	●●●●
19.30-20.30	Body Pump	Sandra	Studio 1	●●●●

Tuesday	Class	Instructor	Location	Intensity
06.30-07.30	Ultimate Conditioning	Natalie	Studio 1	●●●
07.00-07.30	Ab Attack	Gym Instructor	Gym	●●●●
09.15-10.15	Body Balance	Milly	Studio 2	●●
09.30-10.15	Total Body Conditioning	Laura	Studio 1	●●●
10.30-11.30	Body Balance	Milly	Studio 2	●●
10.30-11.30	Zumba Dance	Ashleigh	Studio 1	●●●
12.00-13.00	Pilates	Nicola	Studio 1	●●
18.00-19.00	Body Balance	Lorraine	Studio 2	●●
18.00-18.45	Broadway Boogie	Liz	Studio 1	●●
19.00-20.00	Body Attack	Debbie	Studio 1	●●●●

Have you checked out Harlow Leisurezone's mobile app which will 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.

Wednesday	Class	Instructor	Location	Intensity
06.30-07.30	LZ Cycle*	Milly	Cycle Studio	●●●●
07.00-07.30	Easyline	Gym Instructor	Gym	●●●
09.30-10.30	Broadway Boogie	Milly	Studio 1	●●●
09.30-10.30	Gentle Circuits	Nikki	Sports Arena	●
09.30-10.30	Fit Ball	Caroline	Studio 2	●●
10.45-11.45	Kettlebells	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	Gentle Dance	Jenna	Studio 2	●
18.00-18.30	Ab Attack	Gym Instructor	Gym	●●●●
18.30-19.30	Body Attack	Christopher	Studio 1	●●●●
19.45-20.45	Body Pump	Karen	Studio 1	●●●●
20.00-21.00	Yoga	Clive	Studio 2	●●

Thursday	Class	Instructor	Location	Intensity
06.30-07.30	Body Pump	Milly	Studio 1	●●●●
07.00-07.30	Ab Attack	Gym Instructor	Gym	●●●●
09.30-10.30	Body Balance	Lorraine	Studio 2	●●
10.45-11.30	Total Body Conditioning	Laura	Studio 1	●●●
11.00-12.00	Pilates	Caroline	Studio 2	●●
12.30-13.30	Broadway Boogie	Milly	Studio 1	●●●
12.30-13.30	LZ Cycle*	Jane	Cycle Studio	●●●●
18.00-19.00	Fit Ball	Caroline	Studio 2	●●
18.15-19.15	Box-It-Fit	Natalie	Studio 1	●●●●
18.30-19.30	LZ Cycle*	Mark/Gail/Nicola	Cycle Studio	●●●●
19.15-20.15	Pilates	Caroline	Studio 2	●●
19.30-20.30	Circuits	Mark	Studio 1	●●●●

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>

Friday	Class	Instructor	Location	Intensity
06.30-07.30	LZ Cycle*	Milly	Cycle Studio	●●●●
07.00-07.30	Functional Friday	Gym Instructor	Gym	●●●●
09.30-10.30	Gentle Circuits	Caroline	Sports Arena	●
09.30-10.30	Body Attack	Debbie	Studio 1	●●●●
11.00-12.00	Zumba	Clare	Studio 1	●●
11.00-12.00	Body Balance	Instructor	Studio 2	●●●
18.00-19.00	Pilates	Caroline	Studio 2	●●

Saturday	Class	Instructor	Location	Intensity
08.15-09.15	Yoga	Joely	Studio 2	●●
08.15-09.15	Ultimate Conditioning	Natalie	Studio 1	●●●
09.30-10.30	Box-it-Fit	Mark	Studio 1	●●●●
09.30-10.30	Pilates	Caroline	Studio 2	●●
09.45-10.45	LZ Cycle*	Milly	Cycle Studio	●●●●
11.00-12.00	Body Pump	Caroline	Studio 1	●●●●

Sunday	Class	Instructor	Location	Intensity
08.15-09.15	Yoga	Clive	Studio 2	●●
08.30-09.30	Body Balance	Milly	Studio 1	●●
09.45-10.45	Circuits	Carly/Roy	Studio 1	●●●●
10.00-11.00	Body Balance	Milly	Studio 2	●●
11.00-12.00	LZ Cycle*	Jane	Cycle Studio	●●●●
12.15-13.15	Body Pump	Christopher	Studio 1	●●●●

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, Body Combat, Intensity, LZ Cycling and Zumba from 11 years. Harlow Leisurezone Class Timetable is regularly reviewed and subject to change.

## **Body Attack**

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Intense cardiovascular workout for great cross training.

## **Body Balance**

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

## **Body Combat**

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

## **Body Pump**

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Strength and endurance training class using barbells.

## **Box-it-Fit**

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Conditioning using boxing skills & pads for maximum effect.

## **Broadway Boogie**

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Broadway Boogie is a dance fitness workout inspired by Broadway and musical theatre from stage and screen. You can dance, sing and express yourself while working out all to your favourite musical show tunes. Suitable for all abilities.

## **Circuits**

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

## **Easy Line**

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

## **Fitball**

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

## **Gentle Circuits**

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

## **Gentle Movement Class**

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

## **Kettle Bells**

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

## **LZ Cycle**

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

If you're new to LZ Cycle ensure you arrive at least 5 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.

\*Pre booking advisable

## **Pilates**

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

## **Total Body Conditioning**

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

## **Ultimate Conditioning**

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

## **Yoga**

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

## **Zumba Fitness®**

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

## **Zumba Gold®**

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

All prices are valid from April 2024 and can be subject to change

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