

Body Attack

Intense cardiovascular workout for 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.

Box Circuits

Conditioning using boxing skills for maximum effect.

Broadway Boogie

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

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

Fitball

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

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.

HIIT High Intensity Interval Training

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

Kettle Bells

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

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.

Pilates

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

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



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

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

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Monday	Class	Instructor	Location	Intensity
06.30-07.30	Body Pump*	Milly	Studio 1	●●●●
06.30-07.30	LZ Cycling	Virtual	Cycle Studio	●●●●
08.00-09.00	You Can Do Yoga	Virtual	Studio 1	●●
09.30-10.30	LZ Cycle**	Nikki	Cycle Studio	●●●●
09.30-10.30	Body Balance*	Caroline	Studio 2	●●
11.00-12.00	Zumba Gold	Ashleigh	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	Pilates	Caroline	Studio 2	●●
18.00-19.00	Total Body Conditioning	Debbie	Studio 1	●●●●
18.45-19.30	LZ Cycling	Virtual	Cycle Studio	●●●●
19.30-20.30	Body Combat	Karen	Studio 2	●●●●
19.30-20.15	Body Pump*	Sandra	Studio 1	●●●●

Tuesday	Class	Instructor	Location	Intensity
06.30-07.30	Ultimate Conditioning	Natalie	Studio 1	●●●
09.00-10.00	Body Balance*	Milly	Studio 2	●●
09.30-10.15	Total Body Conditioning	Cara	Studio 1	●●●
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	●●●●
10.30-11.30	Body Balance*	Milly	Studio 2	●●
10.30-11.30	Dancefit	Cheri	Studio 1	●●●
12.00-13.00	Pilates	Nicola	Studio 1	●●
12.30-13.30	LZ Cycle**	Milly	Cycle Studio	●●●●
18.00-19.00	Body Balance*	Lorraine	Studio 2	●●
18.00-19.00	LZ Cycling	Virtual	Cycle Studio	●●●●
19.00-20.00	Body Attack	Debbie	Studio 1	●●●●
19.30-20.30	LZ Cycling	Virtual	Cycle Studio	●●●●

Wednesday	Class	Instructor	Location	Intensity
06.30-07.30	LZ Cycle**	Milly	Cycle Studio	●●●●
06.30-07.30	Weight/Pump	Virtual	Studio 1	●●●●
09.30-10.15	Boogie Broadway	Milly	Studio 1	●●●
09.30-10.30	Gentle Circuits	Nikki	Sports Arena	●
09.30-10.30	Fit Ball	Caroline	Studio 2	●●
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	●●●●
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 2	●
12.45-13.45	Zumba Gold	Tamara	Studio 1	●●
13.00-13.30	LZ Cycling	Virtual	Cycle Studio	●●●●
18.00-18.20	Pilates	Virtual	Studio 1	●●
18.45-19.45	LZ Cycling	Virtual	Cycle Studio	●●●●
19.45-20.45	Body Pump*	Sandra	Studio 1	●●●●
20.00-21.00	Yoga	Clive	Studio 2	●●
20.30-21.30	LZ Cycling	Virtual	Cycle Studio	●●●●

Thursday	Class	Instructor	Location	Intensity
06.30-07.30	Body Pump*	Milly	Studio 1	●●●●
06.30-07.15	LZ Cycling	Virtual	Cycle Studio	●●●●
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	●●
12.30-13.15	Zumba Gold	Tamara	Studio 1	●●
12.30-13.30	LZ Cycle**	Jane	Cycle Studio	●●●●
18.00-19.00	Fit Ball	Caroline	Studio 2	●●
18.30-19.30	LZ Cycle**	TBC	Cycle Studio	●●●●
19.15-20.15	Pilates	Caroline	Studio 2	●●
19.30-20.30	Circuits	Laura	Studio 1	●●●●

Friday	Class	Instructor	Location	Intensity
06.30-07.30	LZ Cycle**	Milly	Cycle Studio	●●●●
09.30-10.30	Gentle Circuits	Caroline	Sports Arena	●
09.30-10.30	Body Attack	Debbie	Studio 1	●●●●
09.30-10.30	LZ Cycling	Virtual	Cycle Studio	●●●●
11.00-12.00	Zumba	Tamara	Studio 1	●●
11.00-12.00	Body Balance	Caroline	Studio 2	●●●
13.00-13.30	LZ Cycling	Virtual	Cycle Studio	●●●●
17.30-18.15	Intensity	Laura	Studio 2	●●●●
18:00-19:00	LZ Cycling	Virtual	Cycle Studio	●●●●

Saturday	Class	Instructor	Location	Intensity
08.15-09.15	Yoga	Joely	Studio 1	●●
09.30-10.30	Box Circuits	Mark	Studio 1	●●●●
09.30-10.30	Pilates	Caroline	Studio 2	●●
10.00-11.00	LZ Cycle**	Milly	Cycle Studio	●●●●
11.00-12.00	Body Pump*	Caroline	Studio 1	●●●●
12.00-13.00	LZ Cycling	Virtual	Cycle Studio	●●●●
14.30-15.00	HIIT	Virtual	Studio 1	●●●●
14.30-15.30	LZ Cycling	Virtual	Cycle Studio	●●●●

Sunday	Class	Instructor	Location	Intensity
08.30-09.30	Body Balance*	Milly	Studio 2	●●
08.30-09.30	LZ Cycling	Virtual	Cycle Studio	●●●●
09.30-10.15	Circuits	Cara/Roy	Studio 1	●●●●
10.00-11.00	Body Balance*	Milly	Studio 2	●●
11.00-12.00	LZ Cycling	Jane	Cycle Studio	●●●●
11.30-11.50	HIIT	Virtual	Studio 1	●●●●
14.30-15.30	LZ Cycling	Virtual	Cycle Studio	●●●●

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.

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>

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.