

Class Descriptions

Our great range of fitness classes cater for all ages, abilities and tastes to suit your every mood and energy level.

- Cardiovascular
- Shaping & Toning
- Muscle Strengthening
- Mind & Body

● **Ab Blast** A terrific and targeted core workout for your abdominal and back muscles to strengthen and tone.

● **Aqua Fit** Shallow and deep water aerobics, great all round, low-impact fitness that is fun and easy on the joints.

● **Aqua Zumba** Splash your way into shape with this exhilarating zumba-inspired pool-based class.

● **Body Step** Increase your cardio fitness, while you burn calories, tone and shape your legs and behind while having fun.

● **Circuits** Challenge yourself by combining your cardiovascular training with resistance workouts that will improve your tone and increase your strength and fitness.

● **Fun with Balls** A fantastic core workout that involves using the gym ball.

Express Classes All the benefits of a standard class but in a shorter format to offer better flexibility.

● **Les Mills Body Attack™** Sports-inspired cardio workout with Interval training and aerobics builds up strength and stamina.

● **Les Mills Body Balance™** Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, calm and centred.

● **Les Mills Body Combat™** A challenging mix of martial arts and endurance for a fun and empowering cardio workout.

● **Les Mills Body Pump™** Barbell class, one of the fastest ways to get in shape! Challenging your major muscle groups while you squat, press, lift and curl.

● **Les Mills Body Step™** Get your heart rate up and increase cardio fitness with this class. Burn calories, tone and shape your butt and legs. Improve coordination and agility.

● **Indoor Boot Camp** Challenge yourself with an intense indoor style boot camp that will keep you coming back for more!

● **Metafit®** Bodyweight exercises and the latest interval & tabata techniques to kick-start your metabolism.

● **Pilates** Improve posture, body awareness, flexibility, balance and core muscle strength - great for relieving pain, tension and stress.

● **Studio Cycling** A great cardio workout on our fantastic Star Trac Spinner™ Blade bikes where you control the speed and resistance - the ultimate fat-burner!

● **Total Body Conditioning** Total body conditioning class that targets and tones every part of the body.

● **Yoga** Practice a series of poses, creating balance in the body to develop strength, flexibility and tone.

● **Yoga Stretch** A combination of breath control and posture, which will increase your balance, strength and flexibility and help your posture.

● **Zumba** Party yourself into shape with this fun, Latin-inspired, calorie-burning dance class!

● **Zumba Gold** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Also a great class to try if you've never tried Zumba before.

Young at Heart Classes

Our Young at Heart classes are low impact and lower intensity but no less of a workout. These are great if you want to improve your fitness and flexibility in a group exercise environment.

Kids' classes

We run classes especially for children including Kids Karate on a Wednesday at 17.30pm and an Advance Kids Karate class on Fridays at 17.00pm where children can be left unaccompanied.

Child members aged 14 & 15 years can use the gym at any time when accompanied with a parent or guardian.

vivacity
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Sport & Healthy Living

REGIONAL FITNESS
& SWIMMING CENTRE
FITNESS CLASS

Timetable

September - December 2016

Book online up to 7 days in advance at
vivacity-peterborough.com/onlinebookings



Opening times

Mon-Tues	6:30am-10:00pm
Wed-Fri	6:30am-9:00pm
Sat-Sun	8:00am-6:00pm

Off-peak hours Mon-Fri 8:30am-4:00pm

Monday			
09:30-10:30	Les Mills Body Pump™	UDS	Emma A
10:00-10:30	Shallow Aquafit	MP	Kate
10:30-11:30	Pilates	UDS	Robbie
11:30-12:30	Young at Heart	UDS	Kate
17:30-18:00	Metafit®	UDS	Rob R
18:00-18:45	Studio Cycling	DSS	Sandra
18:00-19:00	Les Mills Body Combat™	UDS	Mo
19:00-20:00	Les Mills Body Pump™	UDS	Milena
20:00-21:00	Les Mills Body Balance™	UDS	Andrew

Tuesday			
09:15-10:00	Studio Cycling	DSS	Danny
10:00-11:00	Les Mills Body Attack™	UDS	Milena
11:00-12:00	Young at Heart Zumba Gold	UDS	Marianna
12:00-13:00	Les Mills Body Balance™	UDS	Andrew
17:30-18:00	NEW Ab Blast	UDS	Sandra
18:00-18:45	Studio Cycling	DSS	Sandra
18:00-19:00	Total Body Conditioning	UDS	Kate
19:00-20:00	Les Mills Body Combat™	UDS	Ash
20:00-21:00	Les Mills Body Pump™	UDS	Luke
20:05-20:50	Aquafit Deep	DP	Kate

Wednesday			
09:30-10:30	Les Mills Body Combat™	UDS	Emma A
12:00-12:45	Aqua Zumba	MP	Marianna
17:30-18:20	Kids Karate	UDS	Clifton
18:00-18:45	Studio Cycling	DSS	Kate
18:25-19:10	Body Step	UDS	Emma A
19:15-20:00	Express Les Mills Body Pump™	UDS	Andrew
19:30-20:30	Aquafit Deep	DP	Kate
20:00-21:00	Les Mills Body Balance™	UDS	Andrew

Key Information:

UDS UPSTAIRS DANCE STUDIO
DSS DOWNSTAIRS SPIN STUDIO
MP MAIN POOL • DP DIVING POOL

Book online up to 7 days in advance at
vivacity-peterborough.com/onlinebookings

Classes can also be booked by calling **01733 864 760** or at reception

vivacity-peterborough.com/sports

Thursday			
09:30-10:30	Les Mills Body Pump™	UDS	Penny
10:30-11:30	Yoga Stretch	UDS	Elaine
12:00-12:45	Aquafit Shallow	MP	Kate
17:30-18:15	NEW Express Les Mills Body Step™	UDS	Sarah
18:00-18:45	Studio Cycling	DSS	Sandra
18:15-19:00	NEW Express Les Mills Body Attack™	UDS	Sarah
19:00-20:00	NEW Les Mills Body Pump™	UDS	Luke
20:00-20:45	Aquafit Deep	DP	Sandra
20:00-21:00	Pilates	UDS	Robbie

Friday			
09:15-10:00	Fun with Balls	UDS	Sandra
10:00-10:45	Young at Heart	UDS	Sandra
10:00-10:45	Studio Cycling	DSS	Danny
11:00-12:00	Zumba	UDS	Marianna
17:00-18:00	Kids Karate (Advanced)	UDS	Clifton
18:00-18:45	Studio Cycling	DSS	Chloe
18:00-19:00	Yoga	UDS	Ash

Saturday			
09:00-10:00	NEW Indoor Bootcamp	UDS	Danny
10:00-11:00	Les Mills Body Pump™	UDS	Melina

Sunday			
08:45-09:45	Pilates	UDS	Dave
09:45-10:45	Les Mills Body Attack™	UDS	Milena
10:10-10:55	Studio Cycling	DSS	Kate

Personal Training Sessions

If you need extra motivation or have a specific fitness goal then personal training is for you. We have friendly, helpful and focussed Personal Trainers who can give you expert advice and 1-to-1 training. They have the highest level of qualifications and each has a specific area of expertise, so you are guaranteed results no matter what your objective is.

Personal Training sessions can be booked individually at £25 a session for £99 for a block of five.

For more information visit
vivacity-peterborough.com/personaltraining



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