

# Class Descriptions

Our fantastic 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 Attack ●●

A targeted core workout for your ab and back muscles to strengthen and tone.

## Aqua Fit ●●

Shallow and deep water aerobics, 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.

## Boxercise™ ●●

Circuits incorporating elements of boxing. This class is stress busting and highly addictive.

## Basic Step ●●

This aerobics class uses a platform that can be raised or lowered to suit your ability

## Circuits ●●●

Cardio training with resistance workouts that will tone and increase your overall fitness.

## Fitsteps™ ●

Learn the Cha Cha, Rumba, Salsa, Jive and much more. No previous dance experience required.

## Indoor Bootcamp ●●●

A fun circuit-based workout that will leave you wanting more.

## Insanity® ●●

A total body conditioning programme with high intensity bursts and shorter 30 second break intervals.

## Kids' classes

Fun gym sessions and classes all tailored to different age groups and abilities. Giving children the chance to develop at their own pace and improve their health and wellbeing.

Junior Gym is for ages 11-15, supervised by our qualified team of instructors.

Classes are all based in the studios, suitable for ages 4-15 depending on class type.

## Express Classes

A shorter version of our popular studio classes.

## Les Mills Body Attack® ●●

A cardio workout with interval training and aerobics to build up strength and stamina.

## Les Mills Body Balance® ●●

A Yoga, Tai Chi and Pilates inspired workout that leaves you calm and centred.

## Les Mills Body Combat® ●●

A challenging mix of martial arts and endurance for a fun and empowering cardio workout.

## Les Mills CXWORX™ ●●●

A 30-minute workout exercising muscles around the core, providing a stronger body.

## Les Mills Body Pump® ●●●

A barbell class that challenges your major muscle groups while you squat, press, lift and curl.

## Les Mills Body Jam® ●●

The latest dance styles and the hottest new sounds, leaving you ready to hit the dance floor.

## Metafit ●●

Combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire.

## Mat Based/Freestyle Pilates ●●

Improve posture, flexibility and core muscle strength. Great for relieving pain, tension and stress.

## Studio Cycling ●●

A cardio workout on our fantastic bikes where you control the speed and resistance.

## Tai Chi ●

Controlled movements with a focus on breathing to promote physical and mental harmony.

## Thighs, Bums & Tums ●●

Targeting the main problem areas for many people - suitable for all abilities.

## Weight Management Class

A 30 minute exercise class focused on weight bearing exercises with some resistance work to maximise results. With weekly weigh-ins and nutrition tips.

## X-Cube ●●●

Circuit training using our fantastic X-Cube functional training zone.

## Yoga/Gentle ●●

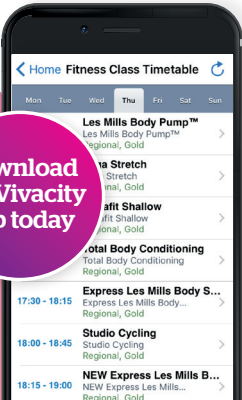
A series of poses, creating balance in the body to develop strength, flexibility and tone.

## Young at Heart Classes

Our Young at Heart classes are low impact and lower intensity but no less of a workout. Great if you want to improve your fitness and flexibility.

## Zumba™ ●

Party yourself into shape with this fun, Latin-inspired, calorie-burning dance class.



**Download the Vivacity app today**

**Everything you normally do, all in one place...**

View and book fitness classes, access pool timetables and receive latest news and offers.

GET IT ON Google Play | Download on the App Store

Classes can also be booked by calling 01733 864 744 or at reception

Opening times: Mon-Fri 6:30am-10:00pm  
Sat-Sun 8:00am-7:30pm  
Off-peak hours Mon-Fri 8:30am-4:00pm

Vivacity Premier Fitness, Hadfield Road, Hampton, Peterborough. PE7 8BT



**Vivacity**  
presents



**Book online now**

**Fitness Class timetable**

**At Vivacity Premier Fitness September - December 2017**

Book online up to 7 days in advance at [vivacity-peterborough.com/onlinebookings](http://vivacity-peterborough.com/onlinebookings)

Monday			
06:45-07:30	Express Les Mills Body Pump™	S1	Kate B
09:30-10:15	Studio Cycling	SC	Mo
09:30-10:30	Les Mills Body Combat™	S1	Rachael
09:30-10:25	Young at Heart - Zumba Gold™	S2	Jenny
10:30-11:30	Mat Based Pilates	S2	Barbara
10:40-11:40	Les Mills Body Pump™	S1	Rebecca
11:45-12:15	Les Mills CXWORX™	S1	Andrew
12:30-13:30	Les Mills Body Balance™	S1	Andrew
12:45-13:30	Aqua Fit	PL	Kate
16:45-17:30	Parents & Kids Class (7-11yrs)	S1	Lou
16:45-17:30	Zumba Jnr™ (4-6yrs)	S2	Jenny
18:00-18:30	Insanity™	S1	Emma
18:00-18:45	Studio Cycling	SC	Andrew
18:00-19:00	Les Mills Body Combat™	S2	Clare
18:35-19:00	Ab Attack	S1	Emma
19:05-20:00	Zumba™	S2	Simone
19:05-20:05	Les Mills Body Balance™	S1	Kelly
20:00-20:45	Studio Cycling	SC	Justine
20:05-21:00	Fitsteps™	S1	Neil Co

Tuesday			
06:45-07:30	Indoor Boot Camp	S1	Danny
09:30-10:15	Studio Cycling	SC	Rachael
09:30-10:30	Thighs, Bums & Tums	S1	Lisa
09:30-10:30	Les Mills Body Balance™	S2	Andrew
10:00-10:45	Aqua Fit	PL	Kate B
10:45-11:30	Fitsteps™	S1	Neil Co
12:15-13:15	Yoga	S2	Linda
12:30-13:15	Express Les Mills Body Pump™	S1	Andrew
13:30-14:30	Tai Chi	S2	Nigel
16:45-17:30	Zumba Kids™ (7-11yrs)	S2	Kay
18:00-18:45	Studio Cycling	SC	Justine
18:00-18:45	Express Les Mills Body Attack™	S1	Neil Co
18:00-19:00	Yoga	S2	Gemma
19:05-20:05	Les Mills Body Pump™	S1	Andrew
19:05-19:30	Metafit™	S2	Justine
19:15-20:00	Studio Cycling	SC	Rachel
19:30-20:15	<b>NEW</b> Aqua Fit	PL	Kate S
19:30-20:30	Les Mills Body Jam™	S2	Kelly
20:10-21:10	<b>NEW</b> Les Mills Body Balance™	S1	Kate B

Key code / **GF** Gym Floor / **S1** Studio 1  
**S2** Studio 2 / **PL** Pool / **SC** Studio Cycling

Wednesday			
06:45-07:30	Studio Cycling	SC	Helen
09:30-10:15	<b>NEW</b> Studio Cycling	SC	Mo
09:30-10:15	Aqua Zumba™	PL	Jenny
09:30-10:30	Les Mills Body Pump™	S1	Penny
09:30-10:30	Yoga	S2	Linda
10:35-11:15	Gentle Yoga	S2	Linda
10:35-11:35	Les Mills Body Jam™	S1	Neil Co
12:00-13:00	Weight Management Class	S2	Rachael
12:00-12:45	Fitsteps™	S1	Neil Co
13:00-13:45	<b>NEW</b> Young at Heart Studio Cycle	SC	Geoff
13:15-14:00	<b>NEW</b> Free Style Pilates	S2	Natasha
15:45-16:45	Junior Gym (11-15yrs)	GF	Team
18:00-18:45	Studio Cycling	SC	Duncan
18:00-19:00	Les Mills Body Pump™	S1	Kelly
18:00-19:00	Les Mills Body Combat™	S2	Mo
19:05-20:00	Les Mills Body Jam™	S1	Kelly
19:05-20:00	Thighs, Bums & Tums	S2	Lisa
20:05-21:05	Yoga	S2	Julie
20:05-21:05	Zumba™	S1	Kay

Thursday			
06:45-07:30	Studio Cycling	SC	Helen
09:30-10:15	Studio Cycling	SC	Martin
09:30-10:15	Express Les Mills Body Attack™	S1	Neil Co
09:30-10:25	Young at Heart - Zumba Gold™	S2	Jenny
10:30-11:15	<b>NEW</b> Basic Step	S1	Natasha
10:35-11:35	Les Mills Body Balance™	S2	Andrew
12:30-13:00	<b>NEW</b> Express Studio Cycle	SC	Andrew
12:30-13:15	Aqua Zumba™	PL	Jenny
13:30-14:15	<b>NEW</b> Thighs, Bums & Tums	S1	Jenny
17:45-18:45	Kids Karate (10-15yrs)	S2	Clifton
18:00-19:00	Les Mill Body Attack™	S1	Louise
18:00-18:45	Studio Cycling	SC	Neil
19:00-19:55	Boxercise™	S2	Mo
19:00-20:00	Les Mills Body Pump™	S1	Neil
19:15-20:00	Aqua Fit	PL	Jenny
20:00-21:00	Mat Based Pilates	S2	Kate
20:05-20:35	Les Mills CXWORX™	S1	Neil

Friday			
06:45-07:30	Circuits	S1	Mike
09:15-10:00	<b>NEW</b> Express Les Mills Body Combat™	S2	Mo
09:30-10:15	Studio Cycling	SC	Rebecca
09:30-10:15	Zumba™	S1	Steve
10:05-10:35	Les Mills CXWORX™	S2	Andrew
10:30-11:30	Les Mills Body Pump™	S1	Penny
10:45-12:00	Yoga	S2	Linda
17:00-17:45	<b>NEW</b> Indoor Bootcamp	S1	Steve
18:00-18:30	Insanity™	S2	Lou
18:00-18:45	Studio Cycling	SC	Rachel
18:00-18:45	<b>NEW</b> Aqua Zumba™	PL	Jenny
18:00-19:00	Les Mills Body Jam™	S1	Neil Co
18:30-19:00	Ab Attack	S2	Lou
19:00-20:00	Les Mills Body Balance™	S1	Natasha

Saturday			
08:10-08:55	Studio Cycling	SC	Helen
09:00-09:45	Zumba™	S2	Simone
09:00-10:00	Circuits	S1	Nusrat
10:00-11:00	Les Mills Body Combat™	S1	Rachael
10:00-11:05	Junior Circuits (11-15yrs)	GF	Team
10:00-11:15	Kids Karate (5-9yrs)	S2	Lianne
11:15-12:15	Junior Circuits (11-15yrs)	GF	Team
11:15-12:15	Les Mills Body Balance™	S1	Rachael
12:30-13:30	Fitsteps™	S2	Neil Co
17:00-18:00	<b>NEW</b> Les Mills Body Pump™	S1	Vikki

Sunday			
09:30-10:30	Les Mills Body Pump™	S1	Ashley
10:30-11:30	Junior Gym (11-15yrs)	GF	Team
10:35-11:05	Les Mills CXWORX™	S1	Ashley
10:40-11:25	Studio Cycling	SC	Rachel
11:30-12:30	Mat Based Pilates	S2	Kate
11:30-12:30	Junior Gym (11-15yrs)	GF	Team
17:00-18:00	<b>NEW</b> Les Mills Body Combat™	S1	Barry

X Cube classes - No booking required		
Mon - Fri	09:30-10:00	18:30-19:00
Sat	09:30-10:00	
Sun	09:00-09:30	

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[vivacitypeterborough.com/onlinebookings](http://vivacitypeterborough.com/onlinebookings)