

# Class Descriptions

Our fantastic range of fitness classes cater to all ages, abilities and tastes.

- 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.

## Barre Fitness ●●●

This class uses training techniques from Ballet, Fitness and Yoga.

## 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.

## FitStep™ FAB

For All Bodies is a dance fitness workout designed for people who love to dance, want to keep fit, but for a variety of reasons, prefer a lighter intensity and lower impact. Learn the Charleston, Bossa Nova, Jazz, Disco and many more

## Fitness yoga™ ●●

An effective and exciting 'mind' and 'body' workout that combines aerobic and anaerobic movements, as well as elements from Hatha Yoga.

## 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.

## 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, developing 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.

## Pilates ●

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

## Parents & kids class

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.

## Studio Cycling ●●

A cardio workout on our fantastic bikes where you control both 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 class focused on weight bearing exercises with resistance work to maximise results. Followed by a 15 min weigh-in & 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

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.

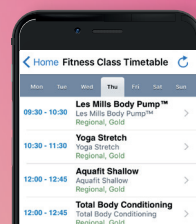
## Zumba Gold® ●

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.

**Book  
online  
now**

# Fitness Class Timetable

**At Vivacity Premier Fitness  
2 Apr - 1 Jun**



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

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



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the Vivacity  
app today**

## Vivacity Premier Fitness

Hadfield Road, Hampton,  
Peterborough. PE7 8BT

## Opening times

Mon-Fri 6:30am-10:00pm  
Sat-Sun 8:00am-7:30pm

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

## Book via the app or online

**up to 7 days in advance at  
vivacity.org/onlinebookings**

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

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in advance at [vivacity.org/onlinebookings](http://vivacity.org/onlinebookings)



Mon			
6:45-7:30am	Express Les Mills Body Pump™	S1	Kate B
9:30-10:15am	Studio Cycling	SC	Mo
9:30-10:30am	Les Mills Body Combat™	S1	Rachael
9:30-10:25am	Young at Heart - Zumba Gold™	S2	Jenny
10:30-11:30am	Pilates	S2	Barbara
10:40-11:40am	Les Mills Body Pump™	S1	Rebecca
11:45am-12:15pm	Les Mills CXWORX™	S1	Rebecca
12:30-1:15pm	<b>NEW</b> Fitness Yoga	S1	Neil Co
12:45-1:30pm	Aqua Fit	PL	Jenny
1:15-2:00pm	<b>NEW</b> Barre Fitness	S1	Neil Co
4:45-5:30pm	Parents & Kids Class (7-11yrs)	S1	Lou
4:45-5:30pm	Zumba Jnr™ (4-6yrs)	S2	Jenny
6:00-6:30pm	Insanity®	S1	Emma
6:00-6:45pm	Studio Cycling	SC	Team
6:00-7:00pm	Les Mills Body Combat™	S2	Clare
6:35-7:00pm	Ab Attack	S1	Emma
7:05-8:00pm	Zumba™	S2	Simone
7:00-8:00pm	Les Mills Body Balance™	S1	Natasha
8:00-8:45pm	Studio Cycling	SC	Justine
8:00-9:00pm	Fitsteps™	S1	Neil Co

Tue			
6:45-7:30am	Indoor Boot Camp	S1	Danny
9:30-10:15am	Studio Cycling	SC	Rachael
9:30-10:30am	Thighs, Bums & Tums	S2	Pam
9:30-10:30am	Les Mills Body Balance™	S1	Natasha
10:00-10:45am	Aqua Fit	PL	Jenny
10:45-11:30am	Fitsteps™	S1	Neil Co
12:15-1:15pm	Yoga	S2	Linda
12:30-1:15pm	Express Les Mills Body Pump™	S1	Pam
1:30-2:30pm	Tai Chi	S2	Nigel
6:00-6:45pm	Studio Cycling	SC	Justine
6:00-6:45pm	Express Les Mills Body Attack™	S1	Neil Co
6:00-7:00pm	Yoga	S2	Gemma
6:50-7:50pm	Les Mills Body Pump™	S1	Emily
7:05-7:30pm	Metafit®	S2	Justine
7:15-8:00pm	Studio Cycling	SC	Rachel
7:30-8:30pm	Les Mills Body Jam™	S2	Jenna
7:30-8:15pm	Aqua Fit	PL	Kate S
8:00-9:00pm	Les Mills Body Balance™	S1	Kate B

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

Wed			
6:45-7:30am	Studio Cycling	SC	Helen
6:45-7:30am	<b>NEW</b> Indoor Bootcamp	S1	Danny
9:30-10:15am	Studio Cycling	SC	Mo
9:30-10:15am	Aqua Zumba™	PL	Jenny
9:30-10:30am	Les Mills Body Pump™	S1	Penny
9:30-10:30am	Yoga	S2	Linda
10:35-11:15am	Gentle Yoga	S2	Linda
10:35-11:35am	<b>NEW</b> Zumba™	S1	Carmela
12:00-12:45pm	Fitsteps™	S1	Neil Co
12:00-12:45pm	Weight Management Class	S2	Rachael
1:00-1:45pm	Young at Heart - Studio Cycling	SC	Rachael
1:15-2:00pm	Pilates	S2	Natasha
3:45-4:45pm	Junior Gym (11-15yrs)	GF	Team
4:45-5:30pm	Zumba Kids™ (7-11yrs)	S2	Jenny L
6:00-6:45pm	Studio Cycling	SC	Duncan
6:00-6:45pm	Les Mills Body Pump™	S1	Louise
6:00-7:00pm	Les Mills Body Combat™	S2	Mo
7:05-8:00pm	Thighs, Bums & Tums	S2	Duncan
7:05-7:50pm	Fitsteps™	S1	Natalie
8:05-9:05pm	Yoga	S2	Julie
8:15-9:00pm	<b>NEW</b> Barre Fitness	S1	Neil Co

Thu			
6:45-7:30am	Studio Cycling	SC	Helen
9:30-10:15am	Studio Cycling	SC	Martin
9:30-10:15am	Express Les Mills Body Attack™	S1	Neil Co
9:30-10:25am	Young at Heart - Zumba Gold™	S2	Jenny
10:15-11:00am	Basic Step	S1	Natasha
11:00am-12:00pm	Les Mills Body Balance™	S2	Nat/Penny
12:30-1:00pm	Express Studio Cycling	SC	Pam
12:30-1:15pm	Aqua Zumba™	PL	Jenny
5:45-6:45pm	Kids Karate (10-15yrs)	S2	Clifton
6:00-6:45pm	Studio Cycling	SC	Lisa R
6:00-7:00pm	Les Mill Body Attack™	S1	Louise
6:45-7:45pm	Boxercise™	S2	Mo
7:00-7:45pm	Express Les Mills Body Pump™	S1	Neil
7:15-8:00pm	Aqua Fit	PL	Jenny
7:50-8:20pm	Les Mills CXWORX™	S1	Neil
8:00-9:00pm	Pilates	S2	Kate

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Fri			
6:45-7:30am	Circuits	S1	Josh
9:15-10:00am	Express Les Mills Body Combat™	S2	Mo
9:15-10:00am	Studio Cycling	SC	Rebecca
9:30-10:15am	Zumba™	S1	Steve
10:10-10:40am	Les Mills CXWORX™	S2	Rebecca
10:30-11:30am	Les Mills Body Pump™	S1	Penny
10:45am-12:00pm	Yoga	S2	Linda
12:00-12:45pm	<b>NEW</b> Young at heart - Fitsteps FAB	S2	Natalie
6:00-6:30pm	Insanity®	S2	Lou
6:00-6:45pm	Studio Cycling	SC	Rachel
6:00-6:45pm	Aqua Zumba™	PL	Jenny
6:30-7:15pm	Les Mills Body Jam™	S1	Neil Co
6:30-7:00pm	Ab Attack	S2	Lou
7:15-8:15pm	Les Mills Body Balance™	S1	Natasha

Sat			
8:05-8:50am	Studio Cycling	SC	Helen
9:00-9:45am	Zumba™	S2	Simone
9:00-10:00am	Circuits	S1	Nusrat
10:00-11:00am	Les Mills Body Combat™	S1	Rachael
10:00-11:05am	Junior Circuits (11-15yrs)	GF	Team
10:00-11:15am	Kids Karate (5-9yrs)	S2	Lianne
11:15am-12:15pm	Junior Circuits (11-15yrs)	GF	Team
11:15am-12:15pm	Les Mills Body Balance™	S1	Rachael
12:30-1:30pm	Fitsteps™	S1	Neil Co
1:30-2:15pm	<b>NEW</b> Barre Fitness	S1	Neil Co
5:00-6:00pm	Les Mills Body Pump™	S1	Vikki

Sun			
9:30-10:30am	Les Mills Body Pump™	S1	Ashley
10:30-11:30am	Junior Gym (11-15yrs)	GF	Team
10:30-11:30am	Les Mills Body Jam™	S2	Kelly
10:35-11:05am	Les Mills CXWORX™	S1	Ashley
10:40-11:25am	Studio Cycling	SC	Rachel
11:30am-12:30pm	Pilates	S2	Kate
11:30am-12:30pm	Junior Gym (11-15yrs)	GF	Team
5:00-6:00pm	Les Mills Body Combat™	S1	Barry

X Cube classes		
Mon - Fri	9:30-10:00am	6:30-7:00pm
Sat	9:30-10:00am	
Sun	9:00-9:30am	

X Cube classes take place on the gym floor - no booking is required