

Class Descriptions

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

- Cardiovascular
- Shaping & Toning

- Muscle Strengthening
- Mind & Body

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 both the speed and resistance.

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.

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™ ●

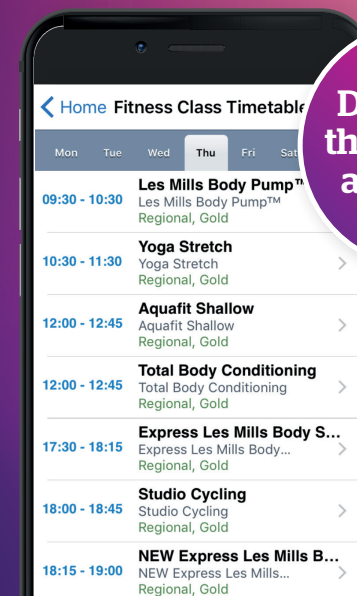
Party yourself into shape with this fun, Latin-inspired, calorie-burning dance class.

Zumba Gold™ ●

Perfect for active older adults who are looking for a modified Zumba™ class.

Everything you normally do in one place...

View and book fitness classes, access pool timetables and receive news and offers. To find out more visit vivacity.org



Download the Vivacity app today



Search 'Vivacity Peterborough' on the app and play store

Regional Fitness & Swimming Centre
Bishop's Rd, Peterborough.
PE1 5BW

Opening times
Mon-Tue 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

Book via the app or online up to 7 days in advance at vivacity.org/onlinebookings

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

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Vivacity
presents

Book online now

Fitness Class Timetable

At the Regional Fitness & Swimming Centre
2 Apr - 1 Jun

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Mon			
9:30-10:30am	Les Mills Body Pump™	UDS	Emma J
10:00-10:30am	Shallow Aquafit	MP	Sandra
10:35-11:35am	Pilates	UDS	Robbie
11:35am-12:15pm	Young at Heart - Body Conditioning	UDS	Sandra
5:30-5:55pm	Ab Blast	UDS	Lisa
6:00-6:45pm	Studio Cycling	DSS	Sandra
6:00-7:00pm	Les Mills Body Combat™	UDS	Mo
7:00-8:00pm	Les Mills Body Pump™	UDS	Milena
8:00-9:00pm	NEW Yoga	UDS	Lisa

Tue			
9:15-10:00am	Studio Cycling	DSS	Patrick
10:00-11:00am	Les Mills Body Attack™	UDS	Milena
11:00-12:00pm	Young at Heart Zumba Gold™	UDS	Marianna
12:00-1:00pm	NEW Yoga	UDS	Lisa
5:30-6:00pm	Metafit®	UDS	Vikki
6:00-6:45pm	Studio Cycling	DSS	Sandra
6:00-7:00pm	Total Body Conditioning	UDS	Kate
7:00-8:00pm	Les Mills Body Combat™	UDS	Vikki
8:00-9:00pm	Les Mills Body Pump™	UDS	Luke
8:05-8:50pm	Aquafit Deep	DP	Sandra

Wed			
9:30-10:30am	Les Mills Body Combat™	UDS	Emma J
10:30am-11:15pm	Young at Heart - Body Conditioning	UDS	Sandra
11:15am-12:15pm	Pilates	USD	Penny
12:00-12:45pm	Aqua Zumba™	MP	Marianna
5:30-6:20pm	Kids Karate	UDS	Clifton
6:00-6:45pm	Studio Cycling	DSS	Kate
6:25-7:10pm	Insanity®	UDS	Emma S
7:15-8:00pm	Express Les Mills Body Pump™	UDS	Luke
7:30-8:30pm	Aquafit Deep	DP	Liesl
8:00-9:00pm	Les Mills Body Balance™	UDS	Kate

Key code / UDS Upstairs Dance Studio
DSS Downstairs Spin Studio / MP Main Pool / DP Diving Pool

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Thu			
9:30-10:30am	Les Mills Body Pump™	UDS	Penny
10:45am-12:00pm	Yoga Stretch	UDS	Elaine
12:00-12:45pm	Aquafit Shallow	MP	Liesl
4:00-5:00pm	Adult & Kids Circuits	UDS	Sandra
6:00-6:45pm	Studio Cycling	DSS	Sandra
5:30-5:55pm	Ab Blast	UDS	Patrick
6:00-6:55pm	Les Mills Body Attack™	UDS	Duncan
7:00-7:55pm	Les Mill Body Pump™	UDS	Duncan
8:00-8:45pm	Aquafit Deep	DP	Sandra
8:00-9:00pm	Pilates	UDS	Robbie

Fri			
9:15-10:00am	Express Les Mills Body Combat™	UDS	Emma
10:05-10:50am	Thighs, Bums and Tums	UDS	Sandra
10:00-10:45am	Studio Cycling	DSS	Pam
11:00am-12:00pm	Zumba™	UDS	Marianna
5:00-6:00pm	Kids Karate (Advanced)	UDS	Clifton
6:00-6:45pm	Studio Cycling	DSS	Chloe
6:00-7:00pm	NEW Zumba™	UDS	Kyla
7:00-8:00pm	Les Mills Body Balance™	UDS	Jenna

Sat			
8:45-9:45am	Les Mills Body Combat™	UDS	Vikki
10:00-11:00am	Les Mills Body Pump™	UDS	Melina

Sun			
8:45-9:45am	Pilates	UDS	Dave
9:45-10:45am	Les Mills Body Attack™	UDS	Milena
10:45-11:45am	Les Mills Body Pump™	USS	Duncan

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 focused 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 or £99 for five sessions.

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- Cardiovascular
- Shaping & Toning

- Muscle Strengthening
- Mind & Body

Ab Blast ●●●

A targeted core workout for your ab and back muscles.

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.

Insanity® ●●

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

Kids' classes

We run a number of kids sessions for children ages 4-15 years old. See timetable for more info.

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

Express Classes

A shorter version of our popular studio classes.

Les Mills Body Attack™ ●●

Cardio workout with interval training and aerobics.

Les Mills Body Balance™ ●●●

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 Body Pump™ ●●●

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

Metafit® ●●

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

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