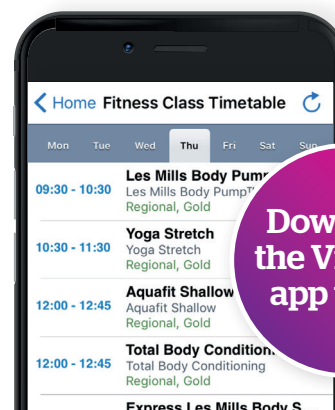


# Hampton Leisure Centre

## 2 Apr - 1 Jun 2018 Fitness Class Timetable



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### Mon

9:30-10:30am	Thighs, Bums & Tums	Pamela
12:15-1:00pm	Pilates	Natasha
3:45-4:45pm	Junior Gym (11-15yrs)	Gym Team
6:00-7:00pm	Les Mills Body Pump™	Kate
7:15-8:15pm	Zumba™	Jenny

### Tue

7:45-8:15am	<b>NEW</b> Express Studio Cycling	Kyla
9:30-10:30am	Les Mills Body Pump™	Penny
6:15-6:45pm	Express Studio Cycling	Pamela
7:05-8:00pm	Step	Neil
8:05-9:00pm	Fitness Yoga	Neil

### Wed

7:45-8:15am	<b>NEW</b> Express Studio Cycling	Kyla
9:30-10:30am	Aerobics & Body Conditioning	Natasha
10:45-11:30am	Zumba Gold™ & Coffee Morning	Jenny
3:45-4:45pm	Junior Gym (11-15yrs)	Gym Team
6:00-6:55pm	Thighs, Bums & Tums	Lou
7:00-7:55pm	Tai Chi	Nigel
8:15-9:00pm	Studio Cycling	Kyla

### Thu

9:30-10:30am	Yoga	Debbie
12:30-1:15pm	Express Les Mills Body Pump™	Rachael
3:45-4:45pm	Junior Gym (11-15yrs)	Gym Team
6:00-6:45pm	Studio Cycling	Helen
7:00-8:00pm	Les Mills Body Pump™	Ashley
8:05-9:05pm	Yoga	Brian

### Fri

9:30-10:15am	Pilates	Kate
12:15-1:00pm	Young at Heart Studio Cycling	Penny
6:00-7:00pm	Les Mills Body Pump™	Vikki
7:30-8:15pm	Fitness Yoga	Neil

### Sat

9:00-10:00am	Les Mills Body Pump™	Penny
9:00-10:00am	Junior Gym (11-15yrs)	Gym Team

### Sun

9:30-10:00am	Express Studio Cycling	Vikki
10:10-11:10am	Les Mills Body Pump™	Luke
11:30am-1:00pm	Yoga	Gemma

# Class Descriptions

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

## ● Cardiovascular

### Aerobics ●●

Aerobics class that targets and tones every part of the body.

### Express Classes

A shorter version of our popular studio classes.

### Fitness Yoga ●●

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

### Step ●●

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

### Junior Gym (11-15yrs) ●

Our supervised junior gym sessions are a great way to get older children into fitness with all classes on the gym floor.

### Les Mills Body Pump™ ●●●

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

### 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.

## ● Shaping & Toning

## ● Muscle Strengthening

## ● Mind & Body

### 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.

### 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.

### Young At Heart Classes

Low impact and lower intensity but no less of a workout. Great if you want to improve your fitness.

### Zumba Gold™ ●

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

### Zumba™ ●

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

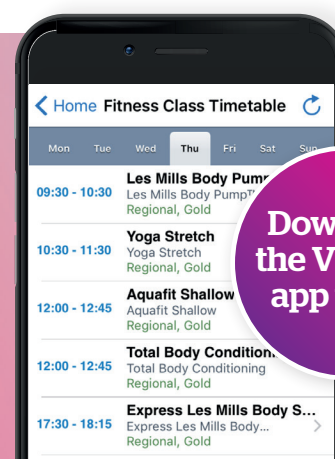
## Everything you normally do, all in one place...

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

To find out more visit [vivacity.org](http://vivacity.org)



Search 'Vivacity Peterborough' on the app and play store



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**Hampton Leisure Centre**  
Clayburn Road, Hampton,  
Peterborough. PE7 8GL

### Opening times

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

Book via the app or online up to 7 days in advance at [vivacity.org/onlinebookings](http://vivacity.org/onlinebookings)

Classes can also be booked by calling 01733 864 657 or at reception

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