

Class Descriptions

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

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

- Arm-ageddon ●●**
An intense 30 minute class focusing on the muscles in the upper body. Using dumbbells, barbells and body weight exercises to perfect your pecs and banish those bingo wings.
- Box HIIT ●●●**
A 30 minute class aimed at setting the metabolism on fire, using traditional boxing moves in a HIIT format.
- Boxfit ●●●**
Circuits with a difference - incorporating boxing moves with punch bags, gloves and pads. This class is stress busting, fun and highly addictive.
- Basic Step ●●**
This aerobics class uses a platform that can be lowered or raised to suit your ability.
- Circuits ●●●**
Cardio training with resistance workouts that will tone and increase overall fitness.
- Express Classes**
A shorter version of our popular studio classes.
- HIIT ●●●**
A great cardio and fat burning workout. High intensity exercises mixed with intervals of low-intensity activity.
- Insanity® ●●●**
A total body conditioning programme based on 'max interval training' with high intensity bursts and shorter 30 second break intervals.
- 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.
- Indoor Bootcamp ●●●**
A fun circuit-based workout that will leave you wanting more.
- Pilates ●●**
Improve posture, flexibility and core muscle strength. Great for relieving pain, tension and stress.
- Meta Circuits ●●●**
A circuit-based metabolic workout where each exercise is performed to the max with set rest intervals.
- Studio Cycling ●●**
A cardio workout on our fantastic bikes where you control the speed and resistance.

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



Membership enquiries

01733 864 000
memberships@vivacity.org



For more information visit

vivacity.org

**Bushfield
Leisure Centre**
Orton Centre
Peterborough
PE2 5RQ

01733 864 656

Mon	8.30am-10.00pm
Tue	8.30am-10.00pm
Wed	8.30am-10.00pm
Thu	8.30am-10.00pm
Fri	8.30am-10.00pm
Sat	8.30am-8.00pm
Sun	8.30am-10.00pm

**Werrington
Leisure Centre**
Staniland Way
Peterborough
PE4 6JT

01733 864 769

Mon	8.30am-10.00pm
Tue	8.30am-10.00pm
Wed	8.30am-10.00pm
Thu	8.30am-10.00pm
Fri	8.30am-10.00pm
Sat	8.30am-5.00pm
Sun	8.30am-10.00pm



Book
online
now

Fitness Class
Timetables

At selected Vivacity gyms
2 Apr - 1 Jun 2018

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



Bushfield

Leisure Centre

2 Apr - 1 Jun 2018

Mon		
12:20-1:00pm	Express Studio Cycling	Helen
6:00-6:45pm	Studio Cycling	Helen
6:00-6:55pm	Pilates	Dave
7:00-8:00pm	NEW Indoor Bootcamp	Dave
Tue		
4:00-5:00pm	Junior Gym (11-15yrs)	Gym Team
6:00-7:00pm	Yoga	Elaine
6:15-7:00pm	Basic Step	Natasha
7:00-7:45pm	NEW Pilates	Natasha
Wed		
6:00-6:45pm	Studio Cycling	Team
6:00-6:45pm	Total Body Conditioning	Nus
7:00-8:00pm	Circuits	Nus
Thu		
4:00-5:00pm	Junior Gym (11-15yrs)	Gym Team
6:00-6:45pm	Studio Cycling	Pamela
6:00-6:55pm	Pilates	Dave
7:00-7:45pm	Boxfit	Emma
Fri		
6:15-7:00pm	Insanity®	Emma
Sat		
9:15-10:00am	Studio Cycling	Pamela
12:30-1:30pm	Junior Gym (11-15yrs)	Gym Team

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in advance at vivacity.org/onlinebookings

Werrington

Leisure Centre

2 Apr - 1 Jun 2018

Mon			
6:00-6:45pm	Studio Cycling	Community Centre	Marianna
6:15-6:45pm	HIIT	Drama Studio	Angela
6:45-7:45pm	Indoor Bootcamp	Sports Hall	Angela
Tue			
5:30-6:15pm	Studio Cycling	Community Centre	Duncan
6:30-7:30pm	Total Body Conditioning	Community Centre	Angela
7:30-8:30pm	Pilates	Large Dance Studio	Dave
Wed			
6:00-6:45pm	Studio Cycling	Community Centre	Jamie
6:00-7:00pm	Thighs, Bums & Tums	Drama Studio	Angela
6:30-8:00pm	Yoga	Drama Studio	Peter
7:00-7:30pm	HIIT	Drama Studio	Angela
Thu			
6:30-7:30pm	Zumba™	Small Dance Studio	Simone
6:00-6:30pm	Box HITT	Drama Studio	Angela
6:30-7:00pm	Arm-ageddon	Drama Studio	Angela
7:30-8:30pm	Pilates	Small Dance Studio	Dave
Fri			
6:30-7:30pm	Meta Circuits	Drama Studio	Nusrat
Sat			
10:30am-12:00pm	Yoga	Community Centre	Elaine

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Vivacity
presents

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your finger tips



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the Vivacity
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do, all in one place...

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