

Lifestyles Studio.

A great place to meet up with friends and get fit at the same time. From Yoga to Body Combat, there is something to suit everyone!

Class Descriptions

Advanced Step and Abs - A fast and furious free style step class for the more advanced stepper followed by an abdominal workout. Not for the faint hearted!!

Beginners Step - Easy to follow choreography for those new to step finishing with twenty minutes of deep body conditioning including a total abdominal workout and relaxing stretch.

Body Balance - A combination of Yoga, Pilates and Tai Chi moves all combined to make a unique and invigorating work out.

Body Combat - Fight your way to fitness! Punch and kick those calories and stresses of the day away with this great cardio workout. Suitable for intermediate/advanced fitness levels.

Body Conditioning - A work out to tone, strengthen and reshape your body with the use of weights, steps and bands.

Body Pump - A resistance training class that targets all the main muscle groups, with the use of dumbbells and adjustable weights. Suitable for both men and women of all levels of fitness.

Boxercise - A great stress busting class that packs a real punch! Suitable for both men and women of all abilities.

Dance Fusion - A class bursting at the seams with energy and fun. It's a blend of Salsa and Latin moves that will tone and sculpt the body and burn those calories.

Fit Ball Pilates - This class focusses on core postural muscles while improving flexibility and coordination using core stability balls.

Fitness Pilates - Uses all the same principles as the other Pilates class, but keeps the movements flowing to enable calorie burning. Ideal for beginners to Pilates.

Legs, Bums and Tums - A great way to reach those hard to tone areas. Not to be missed!

Pilates - Mat based class focussing on core postural muscles while improving flexibility and coordination using core stability balls.

Steps and Abs - This class is designed for all you "Step Junkies" and those of you who have stepped before, followed by a 10 minute abdominal work out.

Studio Strength - Studio Strength is a free style weights workout using dumbbells and adjustable weights targeting all the main muscle groups. Suitable for men and women of all levels of fitness.

Super Circuits - A fun and challenging cross training class that develops all round fitness with a series of work stations that push you to your limit! Suitable for both men and women.

Tone & Zone - Get into the Zone with a high energy workout. Burn those calories and define your muscles. This class will strengthen and tone all over!

Total Abs and Stretch - A 45 minute "abdominal blast" targeting the tummy area to strengthen and tone, followed by deep stretch and relaxation. Just what you need to set you up for the rest of the day!

Yoga - A great class to release physical and mental tension and to improve flexibility and strength.

Zumba - An invigorating and fun class inspired by the pulsating rhythms of Salsa, Samba and Merengue. It won't feel like work because it's too much fun!



Studio Timetable



LifeStyles
The Leisure Centre, Clacton

	Class	Instructor	Time	Venue
MONDAY	Body Pump *	Karen M	09.30-10.30	Studio
	Body Balance *	Karen M	10.45-11.45	Studio
	Legs, Bums and Tums *	Mandi	13.00-13.45	Studio
	Step/Body Conditioning **	Mandi	18.00-18.45	Studio
	Studio Strength*	Mandi	19.00-20.00	Studio
	Dance Fusion **	Karen W	20.00-20.45	Studio
TUESDAY	Fit Ball Pilates *	Wendy	09.15-10.15	Studio
	Super Circuits *	Mandi	10.30-11.30	Studio
	Total Abs and Stretch * "NEW"	Mandi	11.30-12.15	Studio
	Beginners Step *	Debbie	18.00-19.00	Studio
	Advanced Step and Abs ***	Debbie	19.00-20.00	Studio
	Boxercise *	Maggie	20.15-21.15	Studio
WEDNESDAY	"COMING SOON" Zumba **	Jeanette	09.15-10.00	Studio
	Step and Abs ***	Mandi	10.00-11.00	Studio
	Legs, Bums and Tums *	Karen H	12.30-13.30	Studio
	Tone & Zone **	Karen H	18.30-19.30	Studio
	Fitness Pilates *	Wendy	19.30-20.30	Studio
	Dance Fusion **	Karen W	20.30-21.15	Studio
THURSDAY	Studio Strength *	Debbie	09.30-10.30	Studio
	Pilates *	Wendy	17.45-18.45	Studio
	Body Combat **	Sammie	19.00-20.00	Studio
	Zumba **	Sammie	20.00-20.45	Studio
FRIDAY	Yoga *	Marion	09.30-11.00	Studio
	Beginners Step *	Debbie	18.00-19.00	Studio
	Box Circuits *	Mandi	19.15-20.00	Studio
SATURDAY	Legs, Bums and Tums **	Mandi	09.45-10.45	Studio

Please Note:

All classes have maximum number limitations.
Therefore, to avoid disappointment please book your classes in advance.

Failure to attend classes which are pre-booked without 48 hours prior notice will incur a charge.

Please arrive in good time for the start of the class.
Participants who arrive more than 5 minutes late for classes will have entry refused to reduce the risk of injury.

Please inform your instructor if you have any injuries or pre existing conditions prior to the class commencing.

Fitness Suite*			
* must have induction before use	Opening	Closing	Last Entry
Monday - Thursday	6.30am	22.00pm	21.30pm
Friday	6.30am	21.00pm	20.30pm
Saturday & Sunday	7.30am	18.00pm	17.30pm
Health Suite			
	Opening	Closing	Last Entry
Monday - Thursday	7.00am	21.30pm	21.00pm
Friday	7.00am	20.30pm	20.00pm
Saturday & Sunday	8.00am	17.30pm	17.00pm
* All levels			
** Beginners to intermediate			
*** Intermediate to Advanced			