

Crosby Lakeside

activefitness

Opening Times:

Mon-Fri: 7.00am - 10.00pm

Sat-Sun: 7.00am - 5.00pm

Timetables subject to change
Version 1. Commences on 27.11.23

MONDAY

	TIME	ACTIVITY	LOCATION
V	06:35-07:05	Les Mills Sprint	Spin Studio
	07:00-07:30	NEW Core	Fitness Studio
V	07:15-07:45	Les Mills Sprint	Spin Studio
V	09:30-10:00	Les Mills Sprint	Spin Studio
	10:00-10:45	Mobility	Fitness Studio
	11:00-12:00	Gentle Flow Yoga (Y)	Fitness Studio
V	13:00-13:45	Les Mills Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio
V	17:00-17:30	Les Mills Sprint	Spin Studio
	18:00-18:45	Les Mills Bodycombat (Y)	Fitness Studio
	18:00-19:00	Tai Chi (Y)	Heron Suite
V	18:15-18:45	NEW Les Mills Sprint	Spin Studio
V	19:00-19:45	Les Mills RPM (Y)	Spin Studio
	19:00-19:45	Les Mills Bodypump	Fitness Studio
V	20:00-20:30	Les Mills Sprint	Spin Studio
	20:00-21:00	Pilates (Y)	Fitness Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
	07:15-07:45	Bootcamp (Y)	Fitness Suite
V	07:15-07:45	Les Mills Sprint	Spin Studio
V	08:15-09:15	Les Mills RPM (Y)	Spin Studio
V	10:00-10:30	Les Mills Sprint	Spin Studio
	12:30-13:00	Legs Bums & Tums (Y)	Fitness Studio
V	13:30-14:15	Les Mills Trip (Y)	Spin Studio
V	16:00-16:45	Les Mills RPM (Y)	Spin Studio
V	17:00-17:30	Les Mills Sprint	Spin Studio
	17:30-18:15	Konga (Y)	Fitness Studio
	18:00-18:30	Les Mills Sprint	Spin Studio
	18:15-19:15	Zumba (Y)	Fitness Studio
V	19:00-19:45	Les Mills Trip (Y)	Spin Studio
	19:15-20:15	Les Mills Bodycombat (Y)	Fitness Studio
V	20:00-20:45	Les Mills RPM (Y)	Spin Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
	07:00-07:30	Les Mills Sprint	Spin Studio
V	08:15-09:00	Les Mills RPM (Y)	Spin Studio
V	10:00-10:45	Les Mills RPM (Y)	Spin Studio
	11:00-12:00	Vinyassa Yoga (Y)	Fitness Studio
V	12:15-12:45	Les Mills Sprint	Spin Studio
V	16:00-16:45	Les Mills RPM (Y)	Spin Studio
	16.30-17.00	NEW Strength & Form (Y)	Fitness Studio
	17:00-17:30	Les Mills Sprint	Spin Studio
	17:15-18:00	Les Mills Body Balance (Y)	Fitness Studio
	18:00-19:00	Tai-Chi (Y)	Heron Suite
	18:15-19:00	Les Mills Bodypump	Fitness Studio
	19:00-19:45	Les Mills Trip (Y)	Spin Studio
	19:15-20:00	NEW Kettlebells	Fitness Studio

THURSDAY

	TIME	ACTIVITY	LOCATION
V	06:35-07:05	Les Mills Sprint	Spin Studio
	07:00-07:30	Bootcamp (Y)	Fitness Suite
V	07:20-07:50	Les Mills Sprint	Spin Studio
V	08:15-09:00	Les Mills RPM (Y)	Spin Studio
V	10:00-10:30	Les Mills Sprint	Spin Studio
V	12:15-12:45	Les Mills Sprint	Spin Studio
V	13:00-13:45	Les Mills Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio
	16.30-17.00	NEW Speed-Fit (Y)	Fitness Studio
	17:30-18:15	Konga (Y)	Fitness Studio
	18:00-18:30	Les Mills Sprint	Spin Studio
	18:15-19:15	Zumba (Y)	Fitness Studio
V	19:00-19:45	Les Mills RPM	Spin Studio
	19:15-20:15	Les Mills Bodycombat (Y)	Fitness Studio
V	20:00-20:45	Les Mills Trip (Y)	Spin Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
	07:15-07:45	Les Mills Sprint	Spin Studio
	07:00-07:30	Les Mills CORE (Y)	Fitness Studio
V	08:15-09:00	Les Mills RPM (Y)	Spin Studio
	09:30-10:30	Les Mills Bodypump	Fitness Studio
	11:00-11:45	Mobility Class (Y)	Fitness Studio
V	12:00-12:30	Les Mills Sprint	Spin Studio
V	13:00-13:45	Les Mills Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio
	17:15-18:15	Yin Yoga (Y)	Fitness Studio
V	18:30-19:00	Les Mills Sprint	Spin Studio
	18:30-19:15	Les Mills Bodypump	Fitness Studio
V	19:00-19:45	Les Mills RPM (Y)	Spin Studio
V	20:00-20:30	Les Mills Sprint	Spin Studio

SATURDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM (Y)	Spin Studio
	09:00-10:00	Pilates (Y)	Fitness Studio
	10:00-10:30	HIIT	Fitness Suite
V	10:00-10:30	Les Mills Sprint	Spin Studio
	10:30-11:30	Hatha Yoga (Y)	Fitness Studio
V	13:00-13:45	Les Mills Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM (Y)	Spin Studio
	09:15-10:15	Gentle Vinyassa Yoga (Y)	Fitness Studio
V	10:15-10:45	Les Mills Sprint	Spin Studio
	10:30-11:30	Les Mills Bodypump	Fitness Studio
V	13:00-13:45	Les Mills Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio

Book online today at www.activeseftonfitness.co.uk, at reception or call on 0151 966 6868 Members and non-members Welcome

V LesMills Virtual Classes All virtual classes are unmanned virtually instructed sessions. booking for these classes is as normal. Virtual classes may require some equipment - participants are required to collect and return all kit to the correct place following classes. Booking is compulsory for all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

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MORE THAN JUST A GYM

One membership. Six locations.

Bootle Leisure Centre
Crosby Lakeside
Dunes Splash World

Litherland Sports Park
Meadows Leisure Centre
Netherton Activity Centre

active sefton

Sefton Council

Crosby Lakeside

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Class Timetable

Classes available from 27.11.2023

CLASS DESCRIPTIONS

LES MILLS VIRTUAL

LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. Big workouts on the big screen. It's a truly inspiring experience that will drive amazing results.

Sprint

A 30-minute High-Intensity Interval Training (H.I.I.T) workout, using an indoor bike to achieve fast results.

LES MILLS RPM

The indoor cycling class, set to the rhythm of motivating music. Burn calories and get fit fast.

LES MILLS THE TRIP

THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.

LES MILLS BODYBALANCE

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centred.

LES MILLS BODYPUMP

The Original barbell workout. The full-body weights workout, BODYPUMP is for anyone looking to get lean, toned and fit – fast.

LES MILLS BODYCOMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness

LES MILLS CORE

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance building strength, stability and endurance in the muscles that support your core

TAI CHI

This graceful class emphasizes deep breathing and mental focus, combining a system of slow movements to create balance, flexibility and calmness.

PILATES

This is a body conditioning routine that helps build flexibility, longer leaner muscles, and strength and endurance in the arms, legs, abdominals, hips and back. It puts emphasis on spinal alignment and breathing techniques to aid relaxation and decrease stress levels. This low level class can also help build a stronger core and improve co-ordination and balance.

BOOTCAMP

This circuit style fitness class aims to improve your endurance with an all body workout.

SPIN

Get on your bike and climb, sprint and jump your way to greater fitness levels with this medium-high intensity workout! Beginners always welcome as every level is included.

GENTLE FLOW YOGA

This is all about flexibility, and control of breathing. A range of stretches and holds will enable the body and mind to align, allowing you to adapt and conform to a stronger, more flexible skeletal frame.

GENTLE VINYASSA YOGA

Each movement is synchronized to a breath. The breath is given primacy, acting as an anchor as you move from one pose to the next. A cat-cow stretch is an example of a very simple Vinyasa. The spine is arched on an inhale and rounded on an exhale. Each movement in the series is cued by an inhalation or an exhalation of the breath.

YIN YOGA

A slow, meditative, but powerful practise. The longer held poses during Yin Yoga, target the connective tissues in the muscles throughout the body, increasing circulation in the joints improving flexibility and wellbeing. A complementary practise to other forms of exercise and suitable for all.

VINYASSA YOGA

Each movement is synchronized to a breath. The breath is given primacy, acting as an anchor as you move from one pose to the next. A cat-cow stretch is an example of a very simple Vinyasa. The spine is arched on an inhale and rounded on an exhale. Each movement in the series is cued by an inhalation or an exhalation of the breath.

MOBILITY

This light and easy to follow class works on gentle movement, stretching and relaxation to help improve circulation, muscle strength and joint stability

KETTLEBELLS

Kettlebell training includes dynamic moves that target endurance, strength, balance and cardio endurance. Kettlebell workouts are popular because they're challenging, efficient, and you only need one piece of equipment.

STRENGTH & FORM

Small group training session using barbells and other strength equipment to provide a full body strength workout. Ideal for beginners and those wanting to learn more about strength training techniques and exercises.

CORE

30min that will concentrate on strengthening the core and trunk of the body with an aim of improving strength, stability and balance. Great as a complimentary class to your regular fitness routine.

ZUMBA®

This easy to follow dance class combines a mixture of traditional Salsa, Samba and Meringue moves, choreographed to inspiring Latino style music. Let loose and party yourself into shape.

TJB KONGA®

An easy-to-follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats from all decades. Konga® is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload. Expect to squat, burpee, sprint & sweat like crazy while some big tunes transport you to your happy place.

LEGS, BUMS & TUMS

Focusing on hard to reach areas, this class uses isolated toning and strengthening exercises to create leaner muscles and elevated self-confidence.

HIIT

The fastest way to get fit and into shape. Short, sharp bursts of effort allow you to reach maximum training zones which is the secret to improved athletic performance

SPEED-FIT

A HYROX inspired competitive workout combining running with a series of functional exercises to promote fitness, functional strength and athletic performance.

All classes can be booked up to 7 days either online or over the phone.

FOR ONLINE BOOKING: We have introduced a new online booking system for gym, swim and classes. We would advise all members to register for online booking as this will make the booking process quicker and easier. For full details of how to access the booking system go to www.activeseptonfitness.co.uk

FOR PHONE BOOKINGS: If you do not want to use online bookings, you will be able to book by contacting your chosen Leisure Centre by phone.

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One membership. Six locations.

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Sefton Council