

Dunes Splash World

activefitness

Opening Times:

Mon-Fri: 7.00am - 10.00pm*

Sat-Sun: 9.00am - 4.00pm**

*Last entry 9:15pm

**Last entry 3:15pm

Timetables subject to change

Version 1. Commences on

01.09.23

MONDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM	Cycle Studio
	08:00-09:00	Wake-Up Yoga	Dance Studio
	09:10-10:00	Sculpt & Tone	Dance Studio
V	09:15-09:45	Les Mills Sprint	Cycle Studio
	10:00-11:00	Dance Gold	Dance Studio
	11:15-12:00	Chair Based Exercise	Dance Studio
V	12:30-13:00	Les Mills Sprint	Cycle Studio
	13:00-14:00	Yoga	Dance Studio
	14:30-15:30	Tai Chi	Dance Studio
V	16:00-16:40	Les Mills TRIP (Y)	Cycle Studio
	17:30-18:00	Spin	Cycle Studio
	18:00-19:00	Pilates	Dance Studio
V	19:00-19:45	Aqua	Splash World
	19:15-19:45	Les Mills Sprint	Cycle Studio
	19:15-20:15	Dance Fit	Dance Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills Sprint	Cycle Studio
V	08:15-09:00	Les Mills RPM	Cycle Studio
	08:15-09:00	Aqua	Splash World
	09:10-10:00	Step & Tone	Dance Studio
	09:15-09:45	Les Mills Sprint	Cycle Studio
	10:00-10:45	Les Mills Bodypump	Dance Studio
	10:15-11:00	Fitsteps* Fab	Sports Hall
	11:00-12:00	Pilates	Dance Studio
	12:00-13:00	Les Mills Bodybalance	Dance Studio
V	16:00-16:30	Les Mills Sprint (Y)	Cycle Studio
	16:30-17:30	Yoga	Dance Studio
	17:45-18:45	Les Mills Bodypump	Dance Studio
	18:00-18:45	Spin	Cycle Studio
	19:00-19:45	Sh'bam/Les Mills Dance	Dance Studio
V	19:30-20:00	Les Mills Sprint	Cycle Studio
	20:00-20:45	Aqua	Splash World
	20:00-21:00	Zumba*	Dance Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM	Cycle Studio
	08:00-09:00	Pilates	Dance Studio
	08:15-09:00	Aqua	Splash World
	09:10-10:00	Aerotone	Dance Studio
V	09:15-09:45	Les Mills Sprint	Cycle Studio
	10:00-11:00	Dance Gold	Dance Studio
	11:15-12:00	Chair Based Exercise	Dance Studio
	12:15-13:15	Yoga	Dance Studio
V	16:00-16:30	Les Mills RPM (Y)	Cycle Studio
	17:30-18:00	Les Mills Sprint	Cycle Studio
	17:45-18:30	Step & Tone	Dance Studio
	18:30-19:00	Fitsteps* Tone	Dance Studio
	19:00-20:00	Fitsteps*	Dance Studio
V	19:00-19:45	Les Mills RPM	Cycle Studio
	20:00-21:00	Pilates	Dance Studio

THURSDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills Sprint	Cycle Studio
V	08:15-09:00	Les Mills RPM	Cycle Studio
	09:15-10:00	Ballet Barre	Dance Studio
	10:00-11:00	Aerodance	Dance Studio
	11:15-11:45	Les Mills Sprint	Cycle Studio
	11:15-12:00	Chair Based Exercise	Dance Studio
V	12:30-13:15	Les Mills RPM	Cycle Studio
V	16:00-16:30	Les Mills Sprint (Y)	Cycle Studio
	17:00-17:45	Aerodance	Dance Studio
	18:00-18:30	Spin	Cycle Studio
	18:00-19:00	Zumba	Dance Studio
	19:00-20:00	Yoga	Dance Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM	Cycle Studio
	08:00-09:00	Yoga	Dance Studio
	08:15-09:00	Aqua	Splash World
V	09:00-09:30	Les Mills Sprint	Cycle Studio
	09:10-10:00	Sh'bam/Les Mills Dance	Dance Studio
	10:00-11:00	Aerotone	Dance Studio
	11:00-12:00	Pilates	Dance Studio
	12:00-13:00	Les Mills Bodybalance	Dance Studio
V	16:00-16:40	Les Mills TRIP (Y)	Cycle Studio
V	17:30-18:15	Les Mills RPM	Cycle Studio
V	19:00-19:30	Les Mills Sprint	Cycle Studio

SATURDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:00	Circuit	Mez/Gym
	09:15-10:15	Yoga	Dance Studio
	10:30-11:00	Les Mills Sprint	Cycle Studio
	10:30-11:30	Fitsteps*	Sports Hall
	11:30-12:00	Fitsteps* Tone	Sports Hall
V	12:30-13:15	Les Mills RPM (Y)	Cycle Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:00	Les Mills Sprint	Cycle Studio
	10:15-11:15	Les Mills Bodypump	Dance Studio
V	12:30-13:15	Les Mills RPM (Y)	Cycle Studio

- 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

Book online today at www.activeseftonfitness.co.uk, at reception or call on 01704 537160

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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

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Class Timetable

Classes available from 01.09.2023

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.

LES MILLS **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 **DANCE/ SH'BAM**

a 45-minute, high-energy workout that will challenge and move you. With a focus on movement and technique, it is simple to master and a great option for those who want to improve their dance skills while getting fit, or for anyone who loves to dance!

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.

AEROTONE

Targets all muscle groups using cardio and strength training to improve fitness, health and wellbeing

AQUA

As well as providing an alternative exercise environment, working in the water adds support to your body to reduce the risk of strain and injury, and has less impact on joints, helping you to tone and shape whilst increasing your range of motion.

BALLET BARRE

Focusing on the beautiful choreography of a modern version of classic ballet training. This workout is designed to shape and tone postural muscles, build core strength and improve balance.

CHAIR BASED EXERCISE CLASS

This light and easy to follow class works on gentle movement, stretching and relaxation to help improve circulation, muscle strength and joint stability. This class includes standing behind the chair.

CIRCUITS

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

DANCE FITNESS

A fusion dance fitness party get your heart pumping and release your inner DIVA feeling strong and fierce when you leave!!

DANCE GOLD

A low impact, fun and friendly dance class for a gentle-medium workout. Great music, lots of dance styles and suitable for beginners or 50+.

FITSTEPS

An energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit. Transform your body and have fun dancing to music that will get your heart pumping!

FITSTEPS® FAB

A dance fitness workout designed for people who love to dance, want to keep fit, but for a variety of reasons, prefer a lighter intensity, lower impact and perhaps a slower pace.

FITSTEPS® TONE

Combines the elegance of Fitsteps with toning and balancing exercises. Designed to improve you posture, function, balance and condition your body.

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.

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.

SCULPT & TONE

A full body, low impact class which focuses on conditioning, sculpting and toning.

TAI CHI

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

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.

STEP & TONE

includes a freestyle step aerobics routine, using a low step, with simple and fun cardio routines that are safe for your joints and brilliant for your fitness and wellbeing. Plus 15 mins dedicated to toning. Suitable for every age.

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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