

# Meadows Leisure Centre

Mon to Fri: 6.30am - 10.00pm  
Sat & Sun: 8.00am - 5.00pm

activefitness

Timetables subject to change  
Commences on 03.06.2024

## MONDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:30	Les Mills Bodycombat (Y)	Studio 1
V	08:15-08:45	Les Mills Sprint	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
	10:30-11:15	Spinning <b>NEW!</b>	Cycle Studio
	11:00-11:45	Yoga	Studio 1
V	11:30-12:15	Les Mills The Trip	Cycle Studio
	12:15-13:00	Aqua Fit	Main Pool
V	12:30-13:30	Les Mills Bodypump	Studio 1
	14:00-15:00	Pilates	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
	17:00-18:00	Zumba	Studio 1
	18:00-18:30	Spinning	Cycle Studio
	18:10-18:55	Les Mills Bodycombat	Studio 1
	19:00-19:45	Les Mills Bodypump	Studio 1
V	19:15-19:45	Les Mills Sprint	Cycle Studio
V	20:00-20:45	Les Mills The Trip	Cycle Studio

## TUESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM (Y)	Cycle Studio
V	06:45-07:30	Les Mills Bodybalance (Y)	Studio 1
V	07:45-08:15	Les Mills CORE	Studio 1
V	08:15-08:45	Les Mills Sprint	Cycle Studio
	09:30-10:30	Les Mills Bodypump	Studio 1
V	10:30-11:00	Les Mills Sprint	Cycle Studio
	10:40-11:10	CORE	Studio 1
	11:15-12:00	Low Circuit	Studio 1
V	12:15-13:00	Les Mills RPM	Cycle Studio
V	12:30-13:30	Les Mills Bodycombat	Studio 1
V	16:00-16:30	Les Mills CORE (Y)	Studio 1
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	17:30-18:15	Strength and Conditioning	Studio 1
	18:15-19:00	Legs, Bums & Tums	Studio 1
	18:15-18:45	Les Mills Sprint <b>NEW!</b>	Cycle Studio
	19:30-20:30	Pilates	Studio 1
V	19:35-20:05	Les Mills Sprint	Cycle Studio
	20:00-20:45	Aqua Fit	Main Pool
V	20:15-21:00	Les Mills RPM	Cycle Studio

## WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Cycle Studio
V	06:45-07:30	Les Mills Bodybalance (Y)	Studio 1
V	07:45-08:30	Les Mills The Trip	Cycle Studio
V	08:00-09:00	Les Mills Bodypump	Studio 1
	09:15-10:00	Spinning	Cycle Studio
	09:30-10:30	Cardio Attack	Studio 1
	10:30-11:15	Zumba	Studio 1
V	11:00-11:30	Les Mills Sprint	Cycle Studio
	11:20-12:15	Bodysculpt	Studio 1
V	12:15-13:00	Les Mills RPM	Cycle Studio
V	16:00-16:30	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
	17:15-17:45	Les Mills Sprint	Cycle Studio
	18:00-18:30	Les Mills Grit	Studio 1
	18:45-19:45	Les Mills Bodypump	Studio 1
V	20:00-20:45	Les Mills RPM	Cycle Studio
	20:00-21:00	Yoga	Studio 1

**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

## THURSDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills The Trip (Y)	Cycle Studio
	07:00-08:00	Yoga	Studio 1
V	07:45-08:30	Les Mills RPM	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
V	09:30-10:15	Les Mills RPM	Cycle Studio
	10:30-11:30	Pilates	Studio 1
V	10:30-11:00	Virtual Sprint	Cycle Studio
	11:30-12:30	Zumba	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:00	Aqua Fit	Main Pool
V	16:00-16:45	Les Mills CORE (Y)	Studio 1
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	17:45-18:15	Les Mills Sprint	Cycle Studio
	18:20-18:50	Les Mills Grit	Studio 1
V	19:00-19:45	Les Mills RPM	Cycle Studio
	19:00-20:00	Tai Chi	Studio 1

## FRIDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM (Y)	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:15	Les Mills Sprint	Cycle Studio
V	08:00-08:45	Les Mills Bodycombat (Y)	Studio 1
	09:15-10:05	Bodyblast	Studio 1
	10:15-11:00	Spinning	Cycle Studio
	10:15-11:05	Zumba	Studio 1
	11:15-12:15	Tai Chi	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:15	Tai Chi	Studio 1
	14:30-15:30	Dance Fit *	Studio 1
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
	17:00-18:00	Pilates	Studio 1
	17:30-18:15	Spinning	Cycle Studio
	18:05-18:50	Strength & Conditioning	Studio 1
	19:00-20:00	Yoga/ Relaxation	Studio 1
V	19:15-20:00	Les Mills RPM	Cycle Studio

\* These are privately run session and carry an additional charge

## SATURDAY

	TIME	ACTIVITY	LOCATION
V	08:15-08:45	Les Mills Sprint <b>NEW!</b>	Cycle Studio
	09:05-09:35	HIIT	Cycle Studio
	09:15-10:15	Baby Ballet*	Studio 1
V	09:45-10:15	Les Mills Sprint	Cycle Studio
V	10:30-11:15	Les Mills RPM (Y)	Cycle Studio
	10:20-11:20	Tai Chi (Advanced) <b>NEW!</b>	Studio 1
V	11:30-12:15	Les Mills The Trip	Cycle Studio
V	11:30-12:30	Les Mills Bodypump	Studio 1
V	12:45-13:45	Les Mills Bodycombat (Y)	Studio 1
V	13:00-13:30	Les Mills Sprint	Cycle Studio
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio
V	14:00-15:00	Les Mills Bodybalance (Y)	Studio 1

\* These are privately run session and carry an additional charge

## SUNDAY

	TIME	ACTIVITY	LOCATION
V	08:45-09:45	Les Mills Bodycombat (Y)	Studio 1
V	09:15-09:45	Les Mills Sprint	Cycle Studio
	10:30-11:00	HIIT/Step	Cycle Studio
V	10:00-11:00	Les Mills Bodypump	Studio 1
V	11:15-12:00	Les Mills RPM (Y)	Cycle Studio
	11:15-11:45	CORE	Studio 1
V	12:30-13:15	Les Mills The Trip (Y)	Cycle Studio
V	12:00-13:00	Les Mills Body Balance	Studio 1
V	13:30-14:30	Les Mills Bodycombat (Y)	Studio 1
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio

Book online today at [www.activeseiftonfitness.co.uk](http://www.activeseiftonfitness.co.uk), at reception or call on 0151 288 6727

# Meadows Leisure Centre

activefitness

## Class Timetable

Classes available from 17.01.22

activefitness  
MORE THAN JUST A GYM

### 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 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 BODYCOMBAT

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

#### 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 RPM

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

#### LES MILLS THE TRIP

The fun-loving, insanely THE TRIP is a fully immersive addictive dance workout – no workout experience that dance experience required. Combines a 40-minute multi-peak cycling workout with a journey through digitally-created A 30-minute High-Intensity Interval worlds. With its cinema-scale Training (H.I.I.T) workout, using an screen and sound system, indoor bike to achieve fast results. THE TRIP takes motivation and energy output to the next level, burning serious calories.

#### LES MILLS CORE

LES MILLS CORE™ is As well as providing an alternative a scientific core workout for exercise environment, working incredible core tone and sports in the water adds support to performance building strength, your body to reduce the risk stability and endurance in the of strain and injury, and has muscles that support your core. Less impact on joints, helping you to tone and shape whilst increasing your range of motion.

#### 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 GRIT

Get ready to add H.I.I.T workouts to your life with LES MILLS GRIT™ workouts and take your fitness to the next level. You'll be addicted to the results. These H.I.I.T workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

#### 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

#### TAI CHI

Tai Chi is the balance between movement, thought and breathing. This is a positive interaction that realigns your body's senses and harmonises the thought process, leaving you with a more connected body structure and a sense of well-being.

#### 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.

#### YOGA

This is all about flexibility, range of motion, posture, 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.

#### 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.

#### SPINNING

Indoor cycling, this class will get your heart racing and take you on a ride to help achieve your fitness goals. Energetic instructors will motivate you through a variety of terrains designed to burn calories in a super-fast time and leave you with an endorphin high.

#### CARDIO KICK

Combining a variety of kicks and punches with motivating music and inspiring instructors, this class is an immense way of burning calories fast. 'Fight' your way into better fitness and leaner muscles.

#### 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.

#### H.I.I.T

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.

#### Strength and Conditioning

A full body workout using a variety of exercises and techniques to focus on all areas.

#### HIIT/Step

High Intensity workout with Step option to make it more inclusive and varied in intensity level.

#### Low Level Circuit

A low impact circuit with varied muscle groups, lots of adaptations and variety, available to all fitness ranges and experience. Inclusive and Sociable.

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](http://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.

activefitness

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