

MONDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:05	Les Mills RPM	Studio
V	09:00-09:45	Les Mills Bodypump	Studio
	10:00-11:00	Spin/Conditioning	Studio
V	11:15-11:45	Les Mills Core	Studio
V	12:30-13:15	Les Mills Bodypump	Studio
	18:00-19:00	Les Mills Bodycombat	Studio
	19:00-20:00	Zumba Step	Studio
V	20:15-20:45	Les Mills Core	Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:05	Les Mills RPM	Studio
V	09:00-09:45	Les Mills Bodybalance	Studio
	10:00-11:00	Step	Studio
V	11:15-11:45	Les Mills Core	Studio
V	12:30-13:30	Les Mills Bodypump	Studio
V	14:00-14:30	Les Mills Core	Studio
	15:00-16:00	Relaxation	Studio
	18:00-19:00	Les Mills Bodypump	Studio
	19:00-20:00	Mega Mash	Studio
V	20:15-20:45	Les Mills Core	Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:05	Les Mills RPM	Studio
V	09:00-09:45	Les Mills Bodycombat	Studio
	10:00-11:00	Circuits	Studio
V	11:15-11:45	Les Mills Core	Studio
	12:15-13:00	Gym team Circuits	Studio
V	14:00-14:30	Les Mills Core	Studio
	16:00-16:45	HIIT kids	Studio
	18:00-19:00	Total Body Conditioning	Studio
	19:00-19:30	Abs and Core	Studio
V	19:45-20:30	Les Mills Bodybalance	Studio

THURSDAY

	TIME	ACTIVITY	LOCATION
	07:15-08:05	Spin	Studio
V	09:00-09:30	Les Mills Core	Studio
V	10:00-11:00	Les Mills Bodypump	Studio
V	11:15-11:45	Les Mills Core	Studio
V	12:30-13:30	Les Mills Bodycombat	Studio
V	14:00-14:30	Les Mills Core	Studio
V	16:00-16:30	Les Mills Sprint	Studio
	18:00-19:00	Les Mills Bodycombat	Studio
	19:00-20:00	Les Mills Bodybalance	Studio
V	20:15-20:30	Les Mills Core - Abs Blast	Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:05	Les Mills RPM	Studio
V	09:00-09:30	Les Mills Sprint	Studio
	10:00-11:00	Mega Mash with Conditioning	Studio
V	12:30 - 13:20	Les Mills RPM	Studio
V	14:00-14:30	Les Mills Core	Studio
V	16:00-17:00	Les Mills Bodybalance	Studio

SATURDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:15	Les Mills Bodycombat	Studio
	10:20-11:10	Les Mills Bodypump	Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
V	10:00-10:50	Les Mills RPM	Studio
V	11:00-11:30	Les Mills Core	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 0151 330 3301

Bootle Leisure Centre

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Class Timetable

Classes available from 04.01.22

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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 SPRINT

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

LES MILLS CORE

LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus there are some hip, butt and lower back exercises too.

LES MILLS CORE - ABS BLAST

A floor based 15-minute class that will test your abs to the limit.

ABS & CORE

Our Abs and core class is 30 minutes of core-blasting direct ab work to help flatten, tone and develop your abdominal

muscles. The class is always varied so it's different and exciting each week. You'll be doing everything from crunches to planks to bicycles. All exercises have adaptations and alternatives so if you can't quite do a particular exercise it's easily adapted.

CIRCUITS

Circuit Training is a proven method of increasing power and aerobic fitness, using a wide range of weight-bearing and equipment based exercise stations. Expect a high level of running and repetition movements against the clock.

H.I.I.T KIDS

High intensity class suitable for our junior members aged 8-16 years. This workout combines short bursts of intense exercise with periods of rest or lower-intensity exercise.

MEGA MASH

Mixed high energy cardio workout.

MEGA MASH WITH CONDITIONING

Mixed high energy cardio workout with conditioning to strengthen and tone.

RELAXATION

This low level yoga class focuses on gentle movement and breathing techniques to aid relaxation, basic mobility and decreased stress levels.

SPIN

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.

SPIN/CONDITIONING

Spinning and conditioning combination class.

STEP

Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Intensity is controlled by adjusting the height of the step as well as the amount of arm movements.

TOTAL BODY CONDITIONING

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

ZUMBA® STEP

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

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.activeseftonfitness.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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Crosby Lakeside
Dunes Splash World

Litherland Sports Park
Meadows Leisure Centre
Netherton Activity Centre

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