

MONDAY

	TIME	ACTIVITY	LOCATION
	07:15-07:45	Les Mills Grit	Fitness Studio
V	07:15-07:45	Les Mills Sprint	Spin Studio
V	08:15-09:00	Les Mills RPM (Y)	Spin Studio
V	10:00-10:30	Les Mills The Trip (Y)	Spin Studio
	11:00-12:00	Gentle flow Yoga (Y)	Fitness Studio
	12:05-12:50	Guided Meditation (Y)	Fitness Studio
V	13:00-13:45	Les Mills The 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
	17:45-18:45	Les Mills Bodycombat	Fitness Studio
	18:00-19:00	Tai Chi (Y)	Heron Suite
V	19:00-19:45	Les Mills RPM (Y)	Spin Studio
	19:00-19:45	Les Mills Bodypump	Fitness Studio
	20:00-21:00	Pilates	Fitness Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
	07:15-07:45	Bootcamp (Y)	Fitness Suite/
V	07:15-08:00	Les Mills RPM (Y)	Spin Studio
	08:15-09:00	Les Mills The Trip (Y)	Spin Studio
V	10:00-10:30	Les Mills Sprint	Spin Studio
	10:00-10:45	Mobility Class	Fitness Studio
	12:30-13:00	Legs, Bums & Tums	Fitness Studio
V	13:30-14:15	Les Mills The 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
	17:40-18:25	TJB Konga® (Y)	Fitness Studio
	18:15-18:45	Les Mills Sprint	Spin Studio
	18:30-19:30	Zumba (Y)	Fitness Studio
V	19:30-20:15	Les Mills The Trip (Y)	Spin Studio
	19:30-20:30	Les Mills Bodycombat	Fitness Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
	07:15-07:45	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	Vinyasa Yoga	Fitness Studio
V	12:15-12:45	Les Mills Sprint	Spin Studio
V	13:00-13:45	Les Mills The 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
	17:30-18:00	Les Mills Grit	Fitness Studio
	18:00-19:00	Tai Chi (Y)	Heron Suite
	18:15-19:00	Les Mills Bodypump	Fitness Studio
V	19:00-19:45	Les Mills The Trip (Y)	Spin Studio
	19:15-19:45	Les Mills CORE	Fitness Studio
	20:00-20:45	Les Mills Bodybalance	Fitness 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

THURSDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills The Trip (Y)	Spin Studio
	07:15-07:45	Bootcamp	Fitness Suite/
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 The Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio
	17:40-18:25	TJB Konga® (Y)	Fitness Studio
	18:00-18:30	Bootcamp	Fitness Suite/
	18:15-18:45	Les Mills Sprint	Spin Studio
	18:30-19:30	Zumba (Y)	Fitness Studio
V	19:30-20:15	Les Mills RPM (Y)	Spin Studio
	19:40-20:40	Les Mills Bodycombat	Fitness Studio

FRIDAY

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

SATURDAY

	TIME	ACTIVITY	LOCATION
V	07:15-08:00	Les Mills RPM (Y)	Spin Studio
	09:00-10:00	Pilates	Fitness Studio
V	10:15-10:45	Les Mills Sprint	Spin Studio
	10:00-10:30	HIIT Workout (Y)	Fitness Studio
	11:00-12:00	Soulful Yoga (Y)	Fitness Studio
V	13:00-13:45	Les Mills The Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (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
	09:45-10:45	Les Mills Bodycombat	Lakeside Suite
V	10:00-10:30	Les Mills Sprint	Spin Studio
	11:00-12:00	Les Mills Bodypump	Lakeside Suite
V	13:00-13:45	Les Mills The Trip (Y)	Spin Studio
V	15:00-15:45	Les Mills RPM (Y)	Spin Studio

Crosby Lakeside

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Class Timetable

Classes available from 15.11.21

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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 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.

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.

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 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.

BOOTCAMP

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

GENTLE FLOW 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.

H.I.I.T WORKOUT

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.

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.

GUIDED MEDITATION

Is a practice where an individual operates or trains the mind or induces a mode of consciousness, either to realise some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.

MOBILITY CLASS

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

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.

SOULFUL YOGA

Gentle movements is married with breath (pranayama) and postures (asana) to bring about a sense of wellbeing, relaxation and enhanced mind-body connection.

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.

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.

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.

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.

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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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Sefton Council