

Dunes Splash World

activefitness
MORE THAN JUST A GYM

Timetables subject to change
Version 1. Commences on 17.05.21

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MONDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills Sprint	Cycle Studio
V	09:00-09:30	Les Mills RPM	Cycle Studio
	09:15-10:00	Sculpt & Tone	Sports Hall
	10:15-11:00	Dance Gold	Sports Hall
	11:15-12:00	Chair Based Exercise	Sports Hall
V	12:00-12:30	Les Mills Sprint	Cycle Studio
V	17:15-18:00	Les Mills RPM	Cycle Studio
	17:30-18:00	Les Mills Sprint	Sports Hall
	18:15-19:00	Pilates	Sports Hall
V	19:00-19:30	Les Mills RPM	Cycle Studio
	19:30-20:15	Les Mills Bodypump	Sports Hall
	19:30-20:15	Aqua Aerobics	Learner Pool

TUESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills RPM	Cycle Studio
	08:15-09:00	Aqua Aerobics	Learner Pool
V	09:00-09:30	Les Mills Sprint	Cycle Studio
	09:15-10:00	Cardio Tone	Sports Hall
	10:15-11:00	Fitsteps® Fab	Sports Hall
	11:15-12:00	Pilates	Sports Hall
V	12:00-12:30	Les Mills RPM	Cycle Studio
	12:15-13:15	Les Mills Bodybalance	Sports Hall
V	17:15-17:55	Les Mills The Trip	Cycle Studio
	18:00-18:45	Indoor Cycling	Sports Hall
V	19:00-19:30	Les Mills RPM	Cycle Studio
	19:00-19:45	Les Mills Sh'Bam	Sports Hall
	20:00-20:45	Aqua Aerobics	Learner Pool
	20:15-21:00	Zumba®	Sports Hall

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills Sprint	Cycle Studio
V	09:00-09:30	Les Mills RPM	Cycle Studio
	09:15-10:00	Aerotone	Sports Hall
	10:15-11:00	Les Mills Bodypump	Sports Hall
	11:15-12:00	Free Style Barre	Sports Hall
V	12:00-12:30	Les Mills RPM	Cycle Studio
	12:15-13:15	Yoga	Sports Hall
	17:30-18:15	Zumba®	Cycle Studio
	18:30-19:00	Fitsteps® Tone	Sports Hall
V	19:00-19:40	Les Mills The Trip	Cycle Studio
	19:15-20:00	Fitsteps®	Sports Hall
	20:15-21:15	Pilates	Sports Hall

THURSDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills Sprint	Cycle Studio
V	09:00-09:30	Les Mills RPM	Cycle Studio
	09:15-10:00	Les Mills Barre	Sports Hall
	10:15-11:00	Aerodance	Sports Hall
	11:15-11:45	Les Mills Sprint	Sports Hall
	12:00-12:45	Chair Based Exercise	Sports Hall
V	12:00-12:30	Les Mills Sprint	Cycle Studio
V	17:15-18:00	Les Mills RPM	Sports Hall
	17:30-18:00	Les Mills Sprint	Cycle Studio
	18:15-19:00	Salsacise	Cycle Studio
	18:30-19:15	Circuits	Gym/Mez
V	19:00-19:30	Les Mills RPM	Sports Hall
	19:15-20:00	Cardio Conditioning	Sports Hall
	20:15-21:15	Yoga	Sports Hall

FRIDAY

	TIME	ACTIVITY	LOCATION
V	07:15-07:45	Les Mills RPM	Cycle Studio
	08:00-09:00	Yin Yoga	Sports Hall
V	09:00-09:30	Les Mills Sprint	Cycle Studio
	09:15-10:00	Les Mills Sh'Bam	Sports Hall
	10:15-11:00	Aerotone	Sports Hall
	11:15-12:00	Pilates	Sports Hall
V	12:00-12:40	Les Mills The Trip	Cycle Studio
	12:15-13:15	Les Mills Bodybalance	Sports Hall
V	17:15-17:55	Les Mills The Trip	Cycle Studio
V	19:00-19:45	Les Mills RPM	Cycle Studio

SATURDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:15	Yoga	Sports Hall
V	09:30-10:00	Les Mills Sprint	Cycle Studio
V	10:30-11:15	Les Mills RPM	Cycle Studio
	10:30-11:15	Fitsteps®	Sports Hall
	11:30-12:15	Fitsteps® Tone	Sports Hall
V	12:00-12:30	Les Mills Sprint	Cycle Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
	09:15-09:45	Les Mills Sprint	Cycle Studio
	10:00-11:00	Les Mills Bodypump	Sports Hall
V	10:00-10:45	Les Mills RPM	Cycle Studio
V	11:30-12:10	Les Mills The Trip	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 537 160

Dunes Splash World

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Class Timetable

Classes available from 17.05.21

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MORE THAN JUST A GYM

Keep in touch, keep active



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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.

barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. It may look beautiful, but don't underestimate the burn.

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 RPM

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

LES MILLS SH'BAM

The fun-loving, insanely addictive dance workout – no dance experience required.

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.

AEROTONE

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

AQUA AEROBICS

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.

CARDIO CONDITIONING

This class combines traditional fitness with toning exercises, perfect for those who want to burn fat and tone.

CHAIR BASED EXERCISE

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

CIRCUITS

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

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.

FREE STYLE BARRE

A 45-minute workout derived from balletic training to shape and tone postural muscles, build core strength, and allow you to escape the everyday. It will look beautiful, but don't underestimate the burn.

INDOOR CYCLING

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.

SALSACISE

Fun, Latin dance based aerobic workout.

SCULPT & TONE

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

YIN YOGA

A slow-paced style of yoga with postures, or asana's, that are held for longer periods of time for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

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.

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.

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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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