

## MONDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:00	Spinning	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:15-11:00	Pilates	Main Hall
	10:15-11:15	Les Mills Body Pump	Studio
	11:30-12:30	50+ Keep Fit	Studio
<b>V</b>	14:00-15:00	Les Mills Body Combat	Studio
	18:00-19:00	Total Conditioning	Studio
	19:00-19:45	Spinning	Studio
<b>V</b>	20:00-21:00	Les Mills Body Balance	Studio

## TUESDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:15	Les Mills Body Combat	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Yoga	Studio
	12:00-12:30	Chairbased Exercise	Studio
<b>V</b>	13:00-13:45	Les Mills SH-Bam	Studio
<b>V</b>	14:00-14:30	Les Mills RPM	Studio
	17:45-18:30	Legs Bums and Tums	Studio
	19:00-20:00	Les Mills Body Pump	Studio
<b>V</b>	20:15-21:15	Les Mills Body Balance	Studio

## WEDNESDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:30	Les Mills Body Pump	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:45-11:30	Spinning	Studio
	18:15-19:15	Total Conditioning	Studio
	19:15-20:00	Step	Studio
<b>V</b>	20:15-21:15	Les Mills On Demand	Studio

## THURSDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:30	Total Conditioning	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Pilates	Studio
	12:00-12:30	Chair Based Exercise	Studio
	13:30-15:30	Strictly come Dancing	Studio
	18:00-19:00	Les Mills Body Pump	Studio
	19:15-20:15	Yoga	Studio

## FRIDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:15	Spinning	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Zen Yoga	Studio
	11:30-12:30	Meditation	Studio
<b>V</b>	17:00-17:50	Les Mills RPM	Studio

## SATURDAY

	TIME	ACTIVITY	LOCATION
		No classes	

## SUNDAY

	TIME	ACTIVITY	LOCATION
		No classes	

### Netherton Activity Centre Opening Times:

Monday	7.00am - 10.00pm
Tuesday	9.00am - 10.00pm
Wednesday	9.00am - 10.00pm
Thursday	9.00am - 10.00pm
Friday	7.00am - 10.00pm
Saturday	9.00am - 4.00pm
Sunday	9.00am - 4.00pm

**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.activesetonfitness.co.uk](http://www.activesetonfitness.co.uk), at reception or call on 0151 525 5106**

# Netherton Activity Centre

activefitness

## Class Timetable

Classes available from 24.01.22

activefitness  
MORE THAN JUST A GYM

Keep in touch, keep active



/activ8fitness



@activesefton



activeseftonfitness.co.uk

### 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 ON DEMAND

Les Mills On Demand allows you to access motivating and effective workouts on our big screens, such as BODYPUMP, BODYBALANCE, CXWORX and more.

#### 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 SH'BAM

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

#### 50+ KEEP FIT

A fitness workout designed to burn calories, increase fitness and improve energy levels using all major muscle groups to improve day to day movements and mobility.

#### 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.

#### 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.

#### MEDITATION

Exploring a range of different meditation techniques each week, Learn how to remain calm in stressful situations and how to focus your attention and awareness. Allowing yourself to switch off and relax .

#### 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.

#### 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.

#### 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.

#### STRICTLY COME DANCING

Just Like the TV show come along for two hours of dancing and a hot drink in between.

#### SYNERGY

Primarily involves bodyweight and cardio interval work set in the fitness suite functional space. Each interval varies from 1-3 minutes alternating between strength and cardio. This workout will hit that sweet spot every time and have coming back for more.

#### TOTAL CONDITIONING

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

#### 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.

#### ZEN YOGA

A class centred around calming your nervous system. With elements of movement longer poses, breathwork and qi gong. The aim of the class is to help you relax and release tension, while also providing deep stretches and toning.

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](http://www.activeseftonfitness.co.uk)

**FOR PHONE BOOKINGS:** If you do not want to use online bookings, you will 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