

Group Exercise Programme



January - April 2012

Willowbrook Leisure Centre Tel: 01235 812058

www.soll-leisure.co.uk

Group Exercise Program

	Monday	Tuesday	Wednesday	Thursday
07.00 - 12.00		09.15-10.00 Studio Cycling/D	09.15-10.15 Zumba Fitness	09.15-10.15
12.00 - 18.00	16.00-17.00 Teen Sollutions/G	16.00-17.00 Teen Sollutions/G	16.00-17.00 Teen Sollutions/G	
18.00 - 21.30	18.00-19.00 Circuits/D	18.00-18.50 Kick Boxing Fitness	18.00-1900 Zumba Fitness	18.00-19.00
		18.15-19.00 Studio Cycling/M	18.15-19.00 Studio Cycling/M	19.00-20.00
	19.15-20.15 Body Pump/D	19.10-20.10 Beginners Pilates/M ^c	19.15-20.00 Abs, Back & Core/D	19.15-20.00
	19.15-20.00 Studio Cycling/M	19.15-20.15 Body Pump/D	19.15-20.00 Studio Cycling/M	20.00-21.00
	20.15-21.15 Zumba Fitness	20.10-21.00 Advanced Pilates/M ^c	20.15-21.15 Legs, Bums & Tums/D	

Could we be SAVING you money?

Group Exercise Multi Buy

12 Group Exercise classes for the price of 10

SOLLutions Memberships from less than 64p per day*

*conditions apply

Calling all Members! Have you had your FREE personal Training Taster Session? – See Reception now for more details.

01235 812058

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Thursday	Friday		Saturday		Sunday	
Studio Cycling/D	09.15-10.00	Studio Cycling/M	09.15-10.00	Studio Cycling/M	09.30-10.15	Studio Cycling/D *
			14.00-15.00	Teen Solutions/G	14.00-15.00	Teen Solutions/G
	16.00-17.00	Teen Solutions/G				
Circuits/D	18.00-19.00	Body Pump/D				
Legs, Bums & Tums/D						
Studio Cycling/M						
Yoga/D						

Key:



Dance
Toning & Strength
Un-wind - Re-energise
High Energy
Teen Activities

D - Dance Studio
M - Meeting Room
G - Gym
S - Sports Hall
C - Course/members discount applies

Willowbrook Leisure Centre, Bowmont
Water off Avon Way, Didcot, OX11 7AF.

Telephone: 01235 812058

Email: info@soll-leisure.co.uk

Centre Opening Times

Mon & Wed: 7am - 10pm

Tues, Thurs: 9am - 10pm

Friday: 9am - 8pm

Weekends: 9am - 6pm

Gym Opening Times

Mon & Wed: 7am - 10pm

Tues, Thurs: 9am - 10pm

Friday: 9am - 8pm

Weekends: 9am - 6pm



Class Descriptions

TONING & STRENGTH

ABS, BACK AND CORE - a very low impact class focusing on core strength and stability, improving posture, spinal strength and flexibility. An excellent stomach toning workout.

BODYPUMP™ - is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

CIRCUITS - a workout for the whole body, this station based class requires little coordination but can achieve maximum results.

L.B.T - this low-impact class combats the most common problem areas using simple and effective resistance exercises.

DANCE

ZUMBA FITNESS - A typical Zumba session incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso and Salsaton. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. This class is suitable for all ages with easy-to-follow dance moves.

UNWIND - RE-ENERGISE

YOGA - yoga refers to the practice of harmonising the mind and body. Yoga classes will increase your range of motion, facilitate relaxation and release tension through focusing on posture alignment and breathing.

PILATES - pilates is a refreshing mind and body workout which focuses on core stability and posture aiming to lengthen and strengthen muscles. Pilates increases flexibility, agility, builds strength and is a safe yet challenging workout.

HIGH ENERGY

KICK BOXING FITNESS - is the intense cardio workout where you can totally unleash. This fast pace class is inspired by martial arts and gathers an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. With the advantages of driving music and powerful role model instructors strike, punch, kick and kata your way through calories to be Fighting Fit.

STUDIO CYCLING - the ultimate indoor cycling experience. A cycle workout taking you on a sensational journey with music that will motivate and move you and get you to your fitness goals.

TRAMPOLINING - A cardio workout that tones the entire body, while increasing your flexibility and core strength. Work with qualified instructors to learn new skills and work through British Trampolining award schemes.

TEEN ACTIVITIES

TEEN SOLLUTIONS- a junior gym session for children aged between 10 – 15 years. Fun workouts using the cardiovascular gym equipment only. Can use any time until 5pm if accompanied by an adult.

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