

	Mon	Tues	Weds	Thurs	Fri	Sat
7 am						
8 am	VR X-Biking 7.30-8am		VR X-Biking 7.30-8am			
9 am	Aqua Fit 9-10am				Daytime Aerobics 9-10am	VR X-Biking 8.30-9am
10 am			Mixed Ability X-Biking 10-10.45am	Aqua Challenge VR X-Biking 10.30-11am 10.15-11.15am	Mixed Ability X-Biking 10-10.45am	
11 am						
12 noon						
1 pm		VR X-Biking 12.30-1pm				
2 pm				Mixed Ability X-Biking 1.15-2pm		

	Evenings				
	Mon	Tues	Weds	Thurs	Fri
5 pm					VR X-Biking 5.15-5.45pm
6 pm	Adv X-Biking 5.30-6.15pm	M/A X-Biking 6-6.45pm	VR X-Biking 5.30-6pm		Mxd Ab X-Biking 6-6.45pm
7 pm	Low Impact 6-7pm	Fitball 6-6.45pm	Yoga Big Stretch 6.30-7.45pm	Back Into Shape 7-8pm	Circuits 7-8pm
8 pm	Body Conditioning 7-8pm	Aqua Chal 7-8pm	M/A X-Biking 7-7.45pm		
9 pm	Cardio Kickboxing 8-9pm	Legs, Bums & Tums 8-9pm	Yoga Little Stretch 7.45-9pm	Step Max 8-9pm	



Blandford Leisure Centre

Aerobics Timetable

Blandford Leisure Centre

Milldown Road, Blandford Forum, Dorset DT11 7DB

Tel: 01258 455566 Web: www.north-dorset.gov.uk

Fax: 01258 453175 E-mail: leisure@north-dorset.gov.uk

Class descriptions

Aqua Challenge ~ Using the water to make your workout harder, this class includes a variety of aqua routines using rebound, neutral and suspended positions to make it even more challenging.

Aqua Fit ~ Come and join our shallow water aerobics class suitable for all fitness abilities. Fun and easy to follow moves, with easier and harder options available. No swimming skills required and you can work at your own speed.

Back Into Shape ~ An all round body workout, working all parts of the body to tone and improve fitness. Includes abdominal conditioning and flexibility training. Suitable for all fitness levels and abilities.

Body Conditioning ~ A variety of exercises for toning the whole body. The class also incorporates flexibility training for a total body workout.

Cardio Kickboxing ~ A high energy, high impact workout. Basic kickboxing moves are choreographed to music for great CV training

Circuits ~ A high impact class, that encourages participants to work to their highest level. The class includes CV, strength, and endurance work for a complete body workout.

Daytime Aerobics ~ Gentle, low impact aerobics class suitable for all ages.

Fitball ~ A core conditioning class which also helps improve balance, strength and flexibility. A range of different exercises are used to work the core muscles.

Legs, Bums & Tums ~ A class dedicated to focusing on those problem areas. This class will help tone, shape and improve your muscle strength and endurance all at the same time. Suitable for all levels of fitness and abilities.

Low Impact ~ An easy to follow class with plenty of high and low impact options. A great CV workout including abdominal conditioning, suitable for all levels of fitness and ability.

Step Max ~ A step class which has a mix of old and new choreography, with plenty of high and low options. Suitable for all fitness levels and abilities.

Yoga ~ Yoga strives to balance body, mind and spirit - combining deep breathing, postures and relaxation. It helps release stress and strain and relaxes both body and mind. Yoga prepares the body through a series of physical and breathing exercises.

VR X-Biking ~ An instructorless class with a virtual screen showing a mixture of real and virtual cycling. There is motivational music along with full instruction as you cycle through New York city, the streets of San Francisco, the French Alps and much more.

X-Biking ~ More calories ... more fun ... less time! The revolutionary X-Bike has a patented handlebar mechanism which allows the rider to engage the upper body and core. It is used by 26 world champions, F1 Teams and premiership football teams. This is the only place in Dorset running an X-Biking class.

