

	MORNING			AFTERNOON				EVENING						
Monday	10.00-11.00 Aerotone	10.00-10.45 Circuit		12.00-12.45 Chair Based Functional Circuit	13.00-13.45 <b>BODYPUMP</b>				17.45-18.45 Pilates	19.00-20.00 <b>BODYPUMP</b>	19.30-20.15 Aquafit	19.45-20.45 Aerobics	20.15-20.45 Studio Cycle	
Tuesday	10.00-11.15 Yoga				13.30-14.30 Heart Health				17.00-17.45 Fitball	18.15-19.00 Cardiosculpt	19.00-19.45 BLT			
Wednesday	10.00-10.45 Activity Mix			12.15-13.00 15-15-15	13.30-14.15 Aquafit				18.00-18.50 Dance Aerobics	18.00-18.45 Aquafit	18.30-19.30 Pilates	19.00-19.45 Studio Cycle	19.30-21.00 Circuits	19.45-20.15 <b>BODYPUMP Blast</b>
Thursday	10.00-11.00 Aerobics	10.00-10.45 Flex and Stretch	11.15-12.00 Chair Based Functional Circuit	12.00-12.45 Studio Cycle	13.00-14.00 Heart Health				17.30-18.15 Abs Blast	18.15-19.15 <b>BODYPUMP</b>	19.15-20.15 Aerotone	20.30-21.15 Boxercise		
Friday	07.30-08.15 Studio Cycle			12.00-12.45 Dance Aerobics					17.30-18.30 Yoga	18.15-18.45 Studio Cycle Blast	18.45-19.30 Aerostep			
Saturday	09.30-10.30 Aerotone	10.30-11.15 Abs Blast												
Sunday	09.30-10.30 Body Tone	10.30-11.15 Step												

AEROBICS / STEP
AQUA
CIRCUIT
LOW IMPACT
CYCLING
TONING
RELAXATION
SPECIALIST

**Off Peak Membership:** Monday to Friday 09.00 to 16.00, Saturday and Sunday anytime.

**Peak Membership:** Monday to Sunday anytime. Classes are open to pay and play customers and 'more' members.

## activitydescriptions

**AEROBIC/STEP** - Set to music this range of classes will work your heart and lungs and are designed to improve overall body tone, stamina and co-ordination.

**DANCE AEROBICS** - These classes incorporate aerobic and dance moves offering an energetic and fun workout.

**AQUA** - Fun, effective and energising, these classes consist of aerobic movements in the pool with the water at chest height. Suitable for all, these classes will gently improve fitness levels. Deep Water classes take place in deeper water with the use of buoyancy aids.

**CIRCUITS** - A dynamic workout which combines cardiovascular fitness with muscle strength and endurance exercises. Working at different stations, the programme can be set to suite your own level of fitness.

**BOXERCISE** - A circuit based cross training workout using boxing techniques to help develop stamina and endurance.

**STUDIO CYCLE** - Using stationary indoor bikes, these instructor led cycle sessions seek to combine cardiovascular fitness with muscle strength and endurance exercises.

**LOW IMPACT** - These classes are designed to help prevent the effects of ageing on our bodies and will gently increase fitness, co-ordination, muscle tone and flexibility. Working at your own level of fitness, these classes are open to everyone and are especially suited to mature groups and PALS referrals.

**SPECIALIST** - Our specialist activities range from ball room dancing, martial arts, salsa dancing to volleyball. For further information and details about specialist activities please ask at reception.

**RELAXATION** - This group of classes helps engage the mind and body. Working to develop flexibility you will also improve your posture, core stability and self confidence.

**TONING** - These classes will work on strength, tone and flexibility and also improve your posture, core stability and self confidence. Please note, some of these classes will focus on specific core areas, please ask your instructor for more details.

The Activity Timetable offers a range of health and fitness classes specially created to suit everybody's requirements regardless of age, gender or fitness level.

If you have any questions regarding your personal level of fitness or ability please speak with our Fitness Instructors who are available before the class begins. If you have any health concerns, please consult your GP before attending any of our activities

## usefulinformation

### TERMS AND CONDITIONS

1. Please ensure you arrive in time to complete the warm up process. This is an important part of the class and helps to prevent potential injuries.
2. Class entry will be refused five minutes after the class start time.
3. Please inform the instructor prior to the start of the class if you have an injury, illness or anything that may affect your ability to participate in exercise.
4. Participants must be 16 years and over (excluding junior sessions)
5. Where considered necessary KAL reserve the right to amend or cancel class times, teachers, or courses without prior notice.
6. Correct footwear (trainers) and appropriate clothing must be worn.
7. Courses must be block booked and payments must be made in full at the time of booking.
8. Please note that courses are not part of the membership and should be booked and paid for separately.

### CLASS ETIQUETTE

- To prevent dehydration we recommend that you bring water with you.
- A light snack is recommended up to ten minutes before a class. If you have any queries regarding nutrition please see your instructor
- Please let the instructor know if this is your first class.
- Please do not leave a class before completing a thorough cool down.
- If you like our classes tell everybody, if you do not, tell us!
- Most of all have fun!

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Kirklees Active Leisure is a Registered Charity.



activityprogramme

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kirkleesactiveleisure

more people more active more often in Kirklees