

## CLASS DESCRIPTIONS

**Aqua Aerobics** – a fun, energetic class suitable for all fitness levels and abilities. Get ready to tone up and burn fat through this non weight-bearing class. Aqua Aerobics is also very beneficial to those rehabilitating from injury.

**Body Attack** – energy is highly contagious: a sports-inspired cardio workout for building strength and stamina. Your pulse will race and you can watch the calories fly away!

**Body Balance** – an oasis for mind and body. A holistic workout that builds flexibility and strength and leaves you feeling centered and calm.

**Body Combat** – the empowering cardio workout where you are totally unleashed! A fiercely energetic class inspired by martial art disciplines. Strike, punch, kick and kata your way through the calories to superior cardio fitness.

**Body Pump** – lean, strong and unstoppable. The original barbell class will sculpt, tone and strengthen your entire body, fast!

**Body Step** – the energising step workout that makes you feel liberated and alive! Using simple movements, on, over and around the step to build lower body strength and to burn lots of calories, your legs will love it! Eventually...

**Bums & Tums** – mat and ball based class. Tighten those troublesome areas and earn yourself some buns of steel and abs of envy. Ages 12+

**Circuits** – if you're looking for a class which will challenge you, provide you with a total body workout, help you lose weight, tone up, get stronger, faster and fitter – then this is the one for you! No two classes are ever the same – we like to keep you on your toes! Ages 14+

**Core X Fit** – the unique 30-minute workout that mixes Abdominal exercises and High Intensity Training (HIT) to produce a distinctive ABHIT class.

**Easyline** – a 45 minute circuit class using intelligent machines. Each piece of equipment has hydraulic resistance pistons to provide extra support while exercising, making it ideal for beginners and injury rehabilitation. Ages 12+

**Fatburn Extreme/Gamefit** – a 20 minute maximal intensity workout that improves functional speed, power and strength

**Female Weight Lifting** – Learn how to lift weights properly, Education and workouts which are the most effective way to burn fat, tone up and get strong, these classes will show you why weight training is a brilliant tool for losing weight and burning fat! \*Please note it is advisable that a strength room induction is completed prior to joining class\*

**Fit Steps** – Fit Steps is a fitness class delivered through dance! You will learn basic steps to all 12 major Ballroom Dances, get in shape and have fun learning them. Ages 12+

**HIIT Fitness** – add HIIT Fitness into your weekly workout routine to benefit from the muscle-building and fat-burning results that High Intensity Interval Training delivers

**50+ Fitness Session** – gentle, dynamic movements set to easy listening music. Ideal for improving mobility and flexibility.

**Insanity** – a challenging, group-focused, cardio conditioning, and total-body strength workout, designed for people of all levels. The moves are easy to follow but the workout WILL challenge you, change you, and get you in the best shape of your life.

**Jog Scotland** – a sociable, fun running group for all levels and abilities.

**Karate/Kids Karate** – Shotokan Karate for self-defence and keeping fit. Training for all levels and ages – beginners are always welcome. Ages 8+

**Kettlebells** – an excellent functional training class. Whether your training goal is to focus on full-body strength, weight-loss, explosive power or corrections to posture, the kettlebell is the training tool for you!

**Line Dancing** – learn to line dance the modern way, to a great soundtrack including rock, pop, country and Latin.

**Metafit** – this no frills, intense whole body workout lasts for 30 minutes but the calorie burning effect lasts up to 24 hours! **continued on back page >>**

**Otago** – an exercise class aimed to prevent falls, injuries and improve co-ordination amongst older people. Work on increasing strength, balance and flexibility. This class is also suitable for those with medical conditions who require gentle exercise and rehabilitation, whilst building up confidence.

**P90X** – a cardio and strength training workout featuring powerful moves which will motivate and challenge you while also offering modifications for those just getting started on their fitness journey.

**Pilates** – Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. This class is excellent for improving posture, strength and flexibility and aligning the body correctly.

**PiYo** – PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

**Sculpt and Tone Circuits** – the focus of this fun and functional class is on full body fitness using equipment such as gym balls, kettlebells, suspension trainers and your own body weight to sculpt and tone those troublesome areas!

**Studio Cycling** – if you want to burn some calories, this is the way to do it! Work at your own level to some catchy beats at our indoor stationary cycling class.

**STX** – work from top to toe with this suspension training system aimed at developing strength, balance and flexibility. It's fun, functional training guaranteed to leave you hanging on and asking for more!

**Tai Chi** – a powerful, full-body workout that improves balance, flexibility, circulation and core strength. It addresses the health of mind and spirit as well as the body, reducing stress, anxiety and depression and enhancing self-esteem.

**Ultimate Abs** – a 30 minute intense abdominal workout which will help to strengthen your core and define your abs! Ages 12+

**Unite** – a blend of flowing yoga moves and sequences, complimented with fitness pilates to create a full mind and body workout.

**ViPR** – ViPR bridges the gap between movement and strength training. It combines full-body movement with load, enhancing your vitality, performance and reconditioning goals.

**Yoga General Level 1** – a yoga class for beginners with the focus on correct alignment to work safely in poses and increase overall flexibility, strength and wellbeing. The principles of breath awareness and relaxation are integral to this class. This is a general yoga class and as such is not suitable for students with serious medical conditions.

**Yoga General Level 2** – a yoga class suitable for students who have around 6 months yoga experience. This is a general yoga class and as such is not suitable for students with serious medical conditions.

**You Time classes** – You Time activities are intended to be fun filled and suitable for adults, regardless of fitness levels, they aim to be interesting, stimulating and challenging both physically and mentally.

**Zumba** – ditch the workout and join the party that's taking the world by storm! This Latin-inspired, calorie-burning dance party is exhilarating, easy to follow and very effective. Ages 12+

**STRONG by Zumba** – you will burn calories while toning arms, legs, abs and glutes, the class will combine bodyweight, muscle conditioning, cardio and plyometric exercises synced to original music to ensure you are challenged to the max

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# FITNESS TIMETABLE



From Monday 7th January 2019



Scottish Charity No: SC27392

## MONDAY

Body Pump **	06:45-07:30	S1
You Time Senior Cycle*	08:50-09:25	S1
Sculpt & Tone Circuits **	09:30-10:15	S2
Body Pump **	09:40-10:30	S1
50+Fitness Session *	10:15-11:00	SH1
PiYo (b) *	10:20-11:10	S2
HIIT Fitness ***	10:40-11:10	S1
Tai Chi(i)*	11:00-12:00	SH2
Easyline *	11:15-12:00	SH1
Bums and Tums *	11:20-12:00	S2
Studio Cycling ***	11:20-12:05	S1
STX **	12:15-13:00	S2
Zumba *	12:20-13:10	S1
Body Attack ***	17:00-17:55	S1
Bums & Tums*	17:30-18:10	S2
Body Combat ***	18:00-18:50	S1
Pilates*	18:15-19:00	S2
Body Pump **	19:00-19:50	S1
Fatburn Extreme***	19:10-19:40	S2
Metafit ***	20:00-20:30	S2
Studio Cycling ***	20:00-20:45	S1
Aqua Aerobics *	20:15-21:00	CP
Body Balance *	20:35-21:35	S2

## TUESDAY

Studio Cycling ***	06:45-07:30	S1
STX **	09:30-10:15	S2
Body Step ***	09:40-10:30	S1
Aqua Aerobics *	09:45-10:30	CP
Pilates *	10:00-11:00	LDL
Kettlebells **	10:20-11:10	S2
Bums & Tums *	10:40-11:15	S1
YouTime Fitness*	11:00-11:45	SH2
Pilates *	11:10-12:10	S2
Studio Cycling ***	11:25-12:10	S1
Core X Fit**	12:20-12:50	S1
Unite *	12:20-13:05	S2
Line Dancing (b)*	13:45-14:45	S1
Otago*	15:00-16:15	S1
Ultimate Abs *	16:40-17:10	S2
Body Pump **	17:10-17:55	S1
Kettlebells **	17:15-17:55	S2
Body Attack ***	18:00-18:50	S1
Body Step ***	18:05-18:50	S2
Jog Scotland **	18:45-19:45	DS
Circuits ***	19:00-19:45	SH1
Body Balance *	19:00-20:00	S2
Studio Cycling ***	19:00-19:45	S1
Female Weight Lifting*	20:00-21:00	S&C
Metafit ***	20:05-20:35	S2
Line Dancing (in)*	20:00-21:00	S1
Line Dancing (ad)*	21:00-22:00	S1

## WEDNESDAY

Kettlebells **	06:45-07:30	S2
Body Pump **	09:30-10:30	S1
PiYo **	09:40-10:40	S2
Aqua Aerobics *	09:45-10:30	CP
Female Weight Lifting*	10:00-11:00	S&C
50+Fitness Session *	10:15-11:00	SH1
Body Attack ***	10:40-11:25	S1
ViPR**	11:05-11:50	S2
Easyline *	11:15-12:00	SH1
Otago *	11:15-12:30	LDL
Ultimate Abs *	11:35-12:05	S1
Zumba *	12:15-13:15	S1
Circuits ***	12:15-13:00	S2
You Time Senior Circuits*	12:45-13:15	SH1
Line Dancing(i) *	13:45-14:45	S1
Bums & Tums *	17:10-17:50	S1
P90X **	17:45-18:30	S2
Studio Cycling ***	17:55-18:40	S1
Body Step ***	18:40-19:30	S2
Body Combat ***	18:50-19:40	S1
Ultimate Abs *	19:40-20:10	S2
HIIT Fitness***	19:45-20:15	S1
Core X Fit**	20:15-20:50	S2
Body Pump **	20:25-21:15	S1

## THURSDAY

Studio Cycling ***	06:45-07:30	S1
Sculpt & Tone Circuits**	09:30-10:15	S2
Studio Cycling ***	09:30-10:15	S1
Kettlebells **	10:20-11:05	S2
Core X Fit**	10:25-11:00	S1
Body Balance *	11:15-12:10	S1
STX**	11:20-12:05	S2
P90X**	12:20-12:55	S1
You Time Easyline(b)*	12:45-13:15	SH1
Body Pump **	17:10-17:55	S1
ViPR**	17:15-18:00	S2
Body Attack ***	18:00-18:50	S2
Fatburn Extreme***	18:10-18:40	S2
Female Weight Lifting*	18:30-19:30	S&C
Jog Scotland **	18:45-19:45	DS
Ultimate Abs*	19:00-19:30	S2
Studio Cycling ***	19:00-19:45	S1
Karate *	19:30-21:00	S2
Kettle Bell Circuits ***	19:35-20:20	SH1
Body Balance *	20:00-21:00	S2

## FRIDAY

Studio Cycling ***	06:45-07:30	S1
Body Pump **	09:30-10:30	S1
50+Fitness Session *	10:15-11:00	SH1
Body Attack ***	10:40-11:25	S1
Tai Chi(b) *	11:00-12:00	SH1
PiYo(b)*	11:10-12:00	SH2
Bums & Tums *	11:35-12:10	S1
Fit Steps *	12:20-13:05	S2
Studio Cycling ***	12:15-13:00	S1
Line Dancing(i) *	13:45-14:45	S1
Ultimate Abs *	17:00 -17:30	S2
STRONG by Zumba*	17:00-18:00	S1
Metafit ***	17:35-18:05	S2
Studio Cycling ***	18:15-19:00	S1
Body Pump **	19:05-20:05	S1
Body Balance *	20:10-21:10	S1

S1/S2: class takes place in STUDIO 1 or STUDIO 2

SH1/SH2: class takes place in SPORTS HALL 1 or SPORTS HALL 2

LDL: class takes place in the LOWER DECK LOUNGE

LPR: class takes place in the LEISURE POOL RIVER

### Booking Policy:

Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at [www.invernessleisure.co.uk/activities/onlinebooking](http://www.invernessleisure.co.uk/activities/onlinebooking)

### Cancellation Policy:

Please notify us of any cancellations as soon as possible. If cancelling an online booking, you can cancel up to 15 minutes prior to the session starting.

## SATURDAY

HIIT Studio Cycling ***	08:45-09:20	S1
Yoga General Level 1 *	08:30-09:30	S2
Metafit ***	09:30-10:00	S1
Yoga General Level 2 *	09:35-10:50	S2
Body Combat ***	10:10-11:00	S1
Body Pump **	11:10-12:10	S1
Karate *	11:00-12:30	S2
Unite *	12:20-13:15	S1
Kids Karate *	12:30-13:30	S2

## SUNDAY

Studio Cycling ***	09:15-10:10	S1
Metafit ***	10:20-10:50	S1
Body Pump **	11:00-12:00	S1
Body Balance*	12:10-13:00	S1

CP: class takes place in the COMPETITION POOL

DS: class meets at the DRY SIDE Sports Centre Locker Area

S&C: Class takes place in Strength and Conditioning Room

CB : Colin Baillie Room

\* low intensity \*\* medium intensity \*\*\* high intensity (b): beginners (in): intermediate (i): improvers (ad): advanced



We would ask all customers to advise instructors of any current medical conditions prior to the start of the class.

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