

## Class descriptions

### 20-20-20

20 minutes of aerobics, 20 minutes of weights, 20 minutes of toning! All mixed up for a fun energetic workout!

### Ab Attack

This short but effective workshop is designed to work all the stomach muscles using as many different exercises as possible to get the best results. This is conducted in the gym by our fitness team.

### Aquafit

Aquafit is a pool based class. The water supports your body weight. It's a useful way to get back into exercise and it's ideal for pregnant women, post natal women, as well as people recovering from sports injuries.

### AquaZumba

Burn calories and lose fast weight in the pool with Aqua Zumba. It incorporates all the fun of Zumba high-intensity dance movements with a gentle support of the water. People who are shy to dance in front of other people will enjoy Aqua Zumba!

### BODY BALANCE™

BODY BALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility & strength. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

### BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories.

### Body Conditioning

A class that focuses on strengthening, toning and shaping the whole body.

### BODYPUMP™

BODY PUMP™ is the original barbell class that strengthens and tones your entire body. Great music, awesome instructors and your choice of

weight inspire you to get the results you came for, and fast.

### Bodyzone

Bodyzone is a class designed to strengthen & tone the whole body using hand held weights and exercise bands.

### Bokwa

Bokwa is the new up and coming dance fitness programme. Bokwa Fitness is energetic, exciting, exuberant and exhilarating and consistently remains challenging. However is tailored for every type of individual to guide and assist with weight loss.

### Bootcamp Circuits

A total body workout which is a great fat burner. This strict regime teamed with great motivational music makes a fun effective class.

### Boxzone

Boxzone uses simple boxing moves to perform to motivating music to achieve a challenging and effective cardiovascular workout.

### Dance Aerobics

A fun but challenging dance workout. Mixing aerobics with choreographed dance moves.

### Fitness Yoga

This is a class which is more dynamic and physically rigorous. It moves through the yoga postures at a steady pace to challenge strength and stamina.

### Hi Lo to Go

This is a fun energetic class which is designed to burn fat, tone muscles and improve flexibility, co-ordination and balance.

### LBT

An exercise class to music which concentrates on toning and sculpting the lower body.

### Over 50's Aerobics

A fun and gently challenging aerobic class designed to improve the heart and lungs as well as improving your strength, coordination and balance.

### Pilates

Pilates is a combination of strength and mobility work that helps you focus on and develop your core strength to help you maintain optimum postural alignment.

### Shakti Dance

Shakti Dance is the yoga of dance, it combines a harmonious blend of meditative movement with breath to create a balanced flow throughout the body and mind.

### Spin/Indoor cycling

This is an intensive cardiovascular group workout using stationary bikes and great music to motivate. You will climb hills, sprint on flats and everything in between. Big calorie burner and leg toner.

### Step and Tone

An intermediate to high level workout for those with knowledge of basic step, with various routines and optional alternatives to take it up a level.

### Street Dance

Work the latest Hip Hop and House dance moves for a totally cool cardio workout.

### Stretch & Tone

is a low impact class focusing on improving stability, mobility, flexibility and muscle tone.

### Total Body Workout

As Body Conditioning but a more challenging workout.

### Body Blast

As bootcamp but for the more experienced member. A challenging workout

### Yoga

This is associated with meditative practices and it can help you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax.

### Yogilates

Mixes just the right amount of elements together to create a workout that relieves stress, helps you gain coordination and balance, lose weight, and allows you to relax all at the same time.

### Zumba®

A group exerciseclass that combines Latin and international music with dance in an effort to make exercise fun and social. Pulsating Latin rhythms and easy to follow dance moves makes this a fun way to exercise.



London Borough  
of Hounslow

## For more information on all Hounslow leisure activities call 0845 456 6675†

†BT calls charged max 5ppm, other providers may vary.

### Brentford Fountain Leisure Centre

658 Chiswick High Road, Brentford, Middlesex, TW8 0HJ

### Hanworth Air Park Leisure Centre & Library

Uxbridge Road, Hanworth, Middlesex, TW13 5EG

### Heston Pool

New Heston Road, Heston, Middlesex, TW5 0LW



### Isleworth Leisure Centre and Library

Twickenham Road, Isleworth, Middlesex, TW7 7EU

### Lampton Sports Centre

Lampton Avenue, Hounslow, Middlesex, TW3 4EP

### New Chiswick Pool

Edensor Road, Chiswick, London, W4 2RG

### Osterley Sports & Athletics Centre

120 Wood Lane, Isleworth, Middlesex, TW7 5FF



London Borough  
of Hounslow

# Group exercise timetable

From January 2012



Hounslow  
Sports & Leisure  
Centres



Visit our website  
[www.hounslow-leisure.com](http://www.hounslow-leisure.com)



The centre programme is subject to change.  
Please visit the website for the most up to date information.

## Group exercise timetable

[www.hounslow-leisure.com](http://www.hounslow-leisure.com)

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### HESTON POOL

#### Monday

|               |          |                 |
|---------------|----------|-----------------|
| 10:00-11:00   | Aerobics | Activities Room |
| 12:00 – 12:30 | AquaFit  | Teaching Pool   |
| 19:30 – 21:00 | Yoga     | Activities Room |

#### Tuesday

|               |                      |                 |
|---------------|----------------------|-----------------|
| 11:30 – 12:30 | Zumba & Toning Class | Activities Room |
| 18:30 – 19:30 | Aerobics             | Activities Room |
| 19:30 – 20:30 | Zumba                | Activities Room |

### HESTON POOL

#### Wednesday

|               |          |                 |
|---------------|----------|-----------------|
| 12:30 – 13:00 | AquaFit  | Teaching Pool   |
| 19:00 – 19:45 | Aerobics | Activities Room |
| 19:45 – 20:30 | AquaFit  | Teaching Pool   |

#### Thursday

|               |              |                 |
|---------------|--------------|-----------------|
| 10:30 – 12:00 | Hatha Yoga   | Activities Room |
| 18:00 – 19:00 | Zumba        | Activities Room |
| 19:15 – 20:45 | Shakti Dance | Activities Room |

### HESTON POOL

#### Friday

|               |                      |                 |
|---------------|----------------------|-----------------|
| 10:00 – 11:00 | Aerobics             | Activities Room |
| 11:30 – 12:30 | Zumba & Toning Class | Activities Room |
| 17:30 – 18:30 | Zumba                | Activities Room |
| 18:30 – 20:00 | Yoga                 | Activities Room |