

# Fitness Programme

## Timetable



Monday	<b>Pump it up</b> 9.30am – 10.15am Sue	<b>Pilates</b> 10.30am – 11.15am Sue	<b>L, B &amp; T</b> 11.30am – 12.15pm Julie	<b>Bootcamp</b> 12.30pm – 1.00pm Julie		<b>Parkinsons and Step Up Class</b> 1.00pm – 2.00pm Faz	<b>Active Steps</b> 2.30pm – 3.30pm Maz	<b>Zumba (7yrs+)</b> 6.00pm – 6.45pm Julie Dance Studio	<b>Pump it up</b> 7.00pm – 7.45pm Julie	<b>L, B &amp; T</b> 8.00pm – 8.45pm Julie	
Tuesday	<b>Kettlebells</b> 9.30am – 10.00am John	<b>AquaFit</b> 9.30am – 10.15am Rob	<b>Zumba (7yrs+)</b> 11.00am – 11.45am Julie Dance Studio	<b>Bootcamp</b> 12.30pm – 1.00pm John	<b>Acti-Kids Fitness (8-15yrs)</b> 3.30pm – 4.15pm Gym Team Dance Studio	<b>Acti-Kids Sports (8-15yrs)</b> 4.15pm – 5.00pm Gym Team Sports Hall	<b>Boxfit</b> 6.00pm – 6.45pm Rob	<b>Pump it up</b> 7.00pm – 7.45pm Julie		<b>AquaFit</b> 7.30pm – 8.30pm Jenna	<b>Old Skool Step</b> 8.00pm – 8.45pm Julie
Wednesday	<b>Early Burn</b> 6.00am – 6.45am John	<b>Tabata</b> 9.15am – 9.45am John	<b>Tone &amp; Stretch</b> 10.30am – 11.15am Julie		<b>Body Combat</b> 12.00pm – 12.45pm Ash			<b>Old Skool Step</b> 6.00pm – 6.45pm Julie	<b>Body Blitz</b> 7.00pm – 7.45pm Julie		<b>Zumba (7yrs+)</b> 8.15pm – 9.00pm Julie Sports Hall
Thursday	<b>Yoga</b> 7.15am – 8.15am Jo		<b>L, B &amp; T</b> 10.00am – 10.45am Louis	<b>Active Steps</b> 11.30am – 12.30pm Cindy	<b>50+ Movement</b> 12.45pm – 1.45pm Julie	<b>Acti-Kids Fitness (8-15yrs)</b> 3.30pm – 4.15pm Gym Team Dance Studio	<b>Acti-Kids Sports (8-15yrs)</b> 4.15pm – 5.00pm Gym Team Sports Hall	<b>Pilates</b> 4.15pm – 5.15pm Nick	<b>Body Combat</b> 6.00pm – 6.45pm Ash	<b>AquaFit</b> 7.00pm – 7.45pm Rob	<b>Pump it up</b> 7.15pm – 8.00pm John
Friday		<b>Body Blitz</b> 9.30am – 10.15am Julie	<b>Tone &amp; Stretch</b> 10.30am – 11.15am Julie	<b>AquaFit</b> 11.30am – 12.15am Julie		<b>Acti-Kids Dance (8yrs+)</b> 4.00pm – 4.45pm Julie	<b>Yoga</b> 5.00pm – 6.00pm Jo	<b>Zumba (7yrs+)</b> 6.15pm – 7.00pm Julie Sports Hall	<b>Floatfit Hiit</b> 6.45pm – 7.30pm Gym Team	<b>Judo</b> 7.15pm – 9.00pm (External)	
Saturday	<b>Kettlebells</b> 8.15am – 8.45am Gym Team		<b>Yin Yoga</b> 10.15am – 11.15am Jo								
Sunday		<b>Abs</b> 10.00am – 10.30am Rob	<b>Tai Chi</b> 11.00am – 12.00pm Mr Virk (External)	<b>Acti-Kids Gym (11-12yrs)</b> 11.00am – 12.00pm Paul				<b>AquaFit</b> 5.30pm – 6.15pm Julie	<b>Zumba (7yrs+)</b> 6.30pm – 7.30pm Julie Dance Studio		

**Classes are available to pre-book on Leisure Hub**  
Scan the QR code for up-to-date class times



## Fitness Programme

### Class descriptions

- Tabata\*\*** Features 20 second intervals of extreme exercise followed by 10 second intervals of rest. These high intensity workouts will burn calories like no tomorrow.
- Body Blitz\*\*** Anything goes. Total body workout that combines various disciplines.
- L, B & T\*\*** Legs, Bums and Tums. A body conditioning workout focusing on the lower body and core.
- Yoga\*\*** Ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.
- Pilates\*\*** Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
- Zumba (7 yrs+)** Aerobic fitness featuring movements inspired by various styles of Latin American dance.
- Boot Camp\*\*** Military style exercises and functional movements like push ups, squats, sprints and sit ups. These programmes are designed to build strength and fitness.
- Old Skool Step\*\*** A class involving just you and your step box, doing various routines improving your cardio endurance.
- Kettlebell\*\*** Kettlebell exercises build strength and endurance, particularly in the lower back, legs, shoulders and increases grip strength.
- Acti-kids** Group kids class! All forms of exercises are performed to get the heart racing and have fun. This class is suitable for ages 8 to 15 years.
- Pump it up\*\*** For anyone looking to get lean, toned and fit. This gives a total body workout, that will burn up to 540 calories.
- Aquafit\*** This low-impact class is performed in water and will incorporate cardio and strength, using water dumbbells and other flotation aids.
- Floatfit Hiit\*** A demanding and energetic full body Hiit workout on a flotation board in the pool, suitable for all fitness levels.

**Mei Do Kan Judo Club**  
07864 318764  
mei-do-kan@virginmedia.com

**Chen Tai Chi**  
07980 286692  
www.mackf.co.uk

**ACTIVEGYM**  
07825 216496  
info@active-gym.co.uk

**Contact our teams who will be happy to advise and help with your enquiry.**

**Bloxwich Active Living Centre**  
Tel: 01922 652900  @bloxwichactiveliving

**Age restrictions (when accompanied by a paying adult)**

\*Suitable for ages 11 years+  
\*\*Suitable for ages 16 years+  
(children booking into these classes pay full adult price)