




# Fitness Programme

## Timetable



Monday	Les Mills Sprint Virtual 7.05-7.35	Les Mills Trip Virtual 7.45-8.30	Yin Yoga 9.00-10.00 JOE	Les Mills BodyCombat 10.15-11.00 ANDREA	Les Mills Core 11.00-11.30 ANDREA	Les Mills GRIT Strength Virtual 11.45-12.15	Les Mills Body Balance Virtual 12.30-13.30	Les Mills Body Attack Virtual 14.45-15.45	Les Mills Trip Virtual 16.15-17.00	Les Mills BodyPump 17.30-18.30 LUKE/ZOE	Les Mills Sprint 18.45-19.15 LUKE/ZOE	Yin Yoga 20.00-21.00 JOE	
Tuesday	Les Mills GRIT Cardio Virtual 7.05-7.35	Les Mills CORE Virtual 7.45-8.15	Les Mills BodyPump 9.30-10.30 LUCY	Stretch 10.45-11.30 LUCY	Les Mills Barre Virtual 11.45-12.15	Pilates 13.00-14.00 LEANNE	Les Mills Sh'Bam Virtual 14.15-15.00	Les Mills Born to Move Virtual (kids) 16.00-17.00	Spin 17.30-18.00 JENNA	Legs Bums & Tums 18.10-19.00 JENNA	Circuits 19.00-19.55 GAVIN	Les Mills Trip Virtual 20.10-20.55	Les Mills Sprint Virtual 21.00-21.30
Wednesday	Les Mills Trip Virtual 7.05-7.50	Les Mills RPM Virtual 8.00-8.45	50+ 9.30-10.30 GAVIN	Yoga 10.45-11.45 JOE	Les Mills Body Balance Virtual 12.00-13.00	Les Mills BodyPump 13.15-14.15	Les Mills Sprint Virtual 14.30-15.00	Les Mills Trip Virtual 15.15-16.00	Les Mills Sprint Virtual 16.15-16.45	Les Mills Body Attack Virtual 17.00-17.45	Yoga 18.00-19.00 JOE	Les Mills BodyPump 19.15-20.00 ZOE	Pilates 20.15-21.00 ZOE
Thursday	Les Mills GRIT Strength Virtual 7.05-7.35	Les Mills Body Attack Virtual 8.00-9.00	Legs Bums & Tums 9.30-10.15 ZOE	Pilates 10.30-11.30 ZOE	Les Mills Trip Virtual 12.00-12.45	Les Mills BodyPump 13.15-14.00 ANDREA	Les Mills Balance Virtual 14.30-15.30	Les Mills RPM Virtual 15.45-16.30	Les Mills RPM Virtual 17.00-17.45	Les Mills Combat 18.00-19.00 ANDREA	Les Mills Core 19.05-19.35 ANDREA	Zumba 19.45-20.30 JULIE	Les Mills Trip Virtual 20.45-21.30
Friday	Les Mills RPM Virtual 7.05-7.50	Les Mills Sprint Virtual 8.00-8.30	Les Mills Body Combat 9.15-10.00 ANDREA	Les Mills Core 10.05-10.35 ANDREA	Yoga 10.45-11.45 JOE	Functional Fitness 12.30-13.30 LEANNE	Les Mills Sh'Bam Virtual 13.45-14.30	Les Mills GRIT Cardio Virtual 15.00-15.30	Les Mills Born to Move Virtual (kids) 16.00-17.00	Les Mills Core 17.30-18.00 ANDREA	Les Mills BodyPump 18.15-19.15 ANDREA	Les Mills Body Balance Virtual 19.30-20.30	Les Mills Trip Virtual 20.45-21.30
Saturday	Yoga 8.15-9.15 JOE	Les Mills BodyPump 9.30-10.20 LUKE/ZOE	Zumba 10.30-11.15 JULIE	Karate 11.30-13.00 (EXTERNAL 07473 199259)	Les Mills Born to Move Virtual (kids) 13.30-14.30	Les Mills RPM Virtual 14.45-15.30	Les Mills Trip Virtual 15.45-16.30	Les Mills Sprint Virtual 16.45-17.15					
Sunday	Les Mills RPM Virtual 8.05-8.35	Les Mills Trip Virtual 8.45-9.30	Les Mills BodyPump 10.00-11.00 LAUREN	Les Mills Body Balance 11.15-12.15 LAUREN	Les Mills Born to Move Virtual (kids) 13.00-14.00	Les Mills Body Combat Virtual 14.15-15.15	Les Mills BodyPump Virtual 15.30-16.30	Private hire 16.45-17.45	Les Mills Trip Virtual 18.00-18.45	Les Mills Sprint Virtual 19.00-19.30			

 Live Instructed  
 Virtual Cycle  
 Virtual Class

# Oak Park Active Living Centre

## Fitness Programme

### Class descriptions

- Les Mills Body Combat\*** Is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination.
- Les Mills Body Pump\*\*** Is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit.
- Les Mills Core\*** Is a core workout for incredible sports performance. You build strength, stability and endurance in the muscles that support your core and improve balance.
- Les Mills Tone\*** Combines strength, cardio and core training into one complete and convenient workout, with a mix of exercises to work the whole body and elevate the heart rate.
- Les Mills Body Attack\*** Body Attack is a high energy, fun and athletic workout focused on cardio fitness, stamina and agility. Combining movements like running, squats, you can burn up to 730 calories during a workout.
- Les Mills Sh'Bam\*** Is a fresh and fun dance workout that build fitness and encourages expressive movement,
- Les Mills GRIT\*\*** Is a series of 30 minute high-intensity interval training workouts that deliver incredible fitness results fast, these include cardio, strength and athletic which are designed to work the body in different ways.
- Les Mills Bodybalance\*\*** This is a Yoga based workout for anyone wanting to improve their flexibility, core strength and sense of wellbeing. In addition to Yoga exercises it includes movements from Tai Chi and Pilates
- Les Mills Cycle RPM\*** RPM is a world leading, cardio peak style workout using simulated climbs and sprints to burn calories and improve cardio fitness. Its fun, low impact and can burn up to 675 calories a session.
- Les Mills Cycle Sprint\*\*** Sprint is a high intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. HIIT training is proven to be the most effective way to push boundaries and see results.
- Les Mills Cycle Trip\*** Trip is a fully immersive workout experience that combines a 40 minute multi peak cycling workout with a journey through digitally created worlds. The Trip takes motivation and energy output to the next level, burning serious calories.
- Yin Yoga\*\*** A slow, meditative class, that gently stretches the deeper muscles, joints in your body and helps quieten the mind.
- Circuits\*\*** Body conditioning or resistance training using high intensity aerobics. A series of exercises performed with a small rest between them.
- Stretch\*** Helping you to stretch your entire body and improving your core strength. Classes are suitable for all.
- Pilates\*\*** Slow and controlled stretching motions, it puts emphasis on alignment, breathing and developing a strong core and improving coordination and balance.
- Boxfit\*** A form of exercise based on boxing training and using boxing equipment. This is a high intensity class working on the members level of fitness.
- 50+** A mix of aerobics and body conditioning exercises for people over 50 years.
- Yoga\*\*** Ancient form of exercise for strength, flexibility and breathing to boost physical and mental wellbeing.
- LB&T\*\*** Legs, Bums and Tums. A body conditioning workout focusing on the lower body and core.
- Body Sculpt\*\*** Body Sculpt is a full body conditioning class that focuses on strength and cardio fitness.
- Zumba** suitable for ages 7+ Aerobic fitness featuring movements inspired by various styles of Latin American dance.

#### Oak Park Active Living Centre

Coppice Road, Walsall Wood, Walsall WS9 9BH  
Tel: 01922 652266 [www.walsall.gov.uk/leisure](http://www.walsall.gov.uk/leisure)

#### Age restrictions

- \* Suitable for ages 11 years +
- \*\* Suitable for ages 16 years +

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Walsall Leisure



Walsall Council

Leisure Services from Walsall Council