

# Howick Leisure Centre group fitness timetable

## Group Fitness: Howick Leisure Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am			PILATES			8.05am	POWER
9.15am	HI/LO IMPACT	OXYCORE	HI/LO IMPACT	OXYCORE	HI/LO IMPACT		
10.20am		GENTLE EXERCISE*		GENTLE EXERCISE*			
11.20am		GENTLE EXERCISE*		GENTLE EXERCISE*			
1pm			GENTLE EXERCISE*				
5.30pm	METAFIT		METAFIT	X55			
6pm			ABS				
6.15pm	PILATES						
6.20pm		POWER					

## CLASS DESCRIPTIONS

### ABS (30mins)

Focus on your core and everyone will benefit. Strengthen your middle and improve your posture with this focused workout.

### GENTLE EXERCISE\* (60mins)

With seniors in mind, these are gentle classes for all abilities and suitable for beginners.

### HI/LOW IMPACT (60mins)

No matter your ability, Hi/Low Impact is for you. Designed for all levels, this aerobics class burns calories and helps tone – whether you crank the intensity high or keep it low is up to you!

### METAFIT (30mins)

A 30-minute body weight training system that gets results!! It's a functional and effective metabolic workout that will change the way you train.

### OXYCORE (60mins)

Work your core and invoke your calm. Based on Pilates and physiotherapy principles, Oxycore focuses on core strength, postural control, stretching, toning, balance and coordination for your whole body.

### PILATES (60mins)

Focus on your core with the core principles of Pilates! The eight principles of the Pilates technique – concentration, breath, centering, control, precision, movement, isolation and routine – are brought together to give you a low-impact workout that strengthens like nothing else.

### POWER (60mins)

Power up with Power – a total body conditioning workout that uses dumbbells, barbells and your own body weight for a highly effective resistance workout. You control the intensity; you control the workout – you've got the power!

### X55 (60mins)

This high-intensity workout is the fun way to get fit! Simple yet effective routines use step boxes and hand weights to tone muscle, burn calories and get you fitter, faster.

