

# Group Exercise Timetable

	7.30-12.00	12.00-14.00	14.00-17.00	17.00-21.00
<b>Monday</b>	7.30-8.00 Revolution (I) Atrium	12.15-12.45 Revolution (I) Atrium Les Mills BODYcombat COMING SOON	12.30-13.15 Zumba Corry	12.30-13.15 Revolution (E) 13.15-13.45 Revolution (I) Atrium Les Mills BODYpump COMING SOON
<b>Tuesday</b>	7.30-8.00 Core Conditioning Corry	12.15-12.45 Revolution (I) Atrium	12.15-13.00 Kettlebells Upper Hall	12.30-13.15 Legs Bums and Tums Corry
<b>Wednesday</b>	7.30-8.00 Revolution (I) Atrium	12.15-12.45 Revolution (I) Atrium	12.15-13.00 Yoga Upper Hall	12.30-13.15 Dance Aerobics Corry
<b>Thursday</b>	7.30-8.15 Yogalates Corry	12.15-12.45 Revolution (I) Atrium	12.15-13.00 Kettlebells Squash	12.30-13.15 Yoga Corry
<b>Friday</b>	7.30-8.00 Revolution (I) Atrium	10.15-11.00 Just Jhoom!	12.15-13.00 Circuits Squash	13.15-13.45 Revolution (I) Atrium
<b>Saturday</b>		11.15-11.45 Revolution (I) Atrium		13.15-14.00 Revolution (I) Atrium
<b>Sunday</b>	10.00-11.00 Legs, Bums and Tums	11.15-11.45 Revolution (I) Atrium		13.15-14.00 Body Blast Squash

Sport Central
Coach Lane
Sport Central Pool

Timetable valid from 3rd January 2012

## Group Exercise Rating System

A new Group Exercise Class rating system has been introduced for 2011/12 which will help you understand the level of Intensity and Coordination required for each class.

**Intensity**  
 Low Intensity // Moderate Intensity // High Intensity

**Coordination**  
 Little to no coordination // Some basic coordination // High level of coordination needed

## Group Exercise Class Descriptions

**Aqua Jog**  
 Low impact activity. Exercise in water is great for recovery due to the natural massage on the muscles, the low impact helps protect joints, and the water resistance helps tone, shape and increase muscular endurance.  
 Intensity // Coordination //

**Body Blast**  
 A whole body toning class designed to blast those problem areas and help you find that summer body all year long. Body weight, dumbbells and floor work ensure a complete toning experience in a popular class.  
 Intensity // Coordination //

**Boxing Conditioning**  
 A circuit class which uses a variety of conditioning exercises utilised by boxers. This class includes contact work with focus pads and will have you fighting fit in no time.  
 Intensity // Coordination //

## Circuits

This is an excellent way to improve strength, muscle tone and cardiovascular endurance. The circuit format uses a number of different stations with different exercises for individual body parts. Time is spent on each exercise before rotating around to the next.  
 Intensity // Coordination //

**Core Conditioning**  
 This class is focused entirely on the midsection of the body. Using hand weights and medicine balls, this non-stop class will tone your midriff in no time.  
 Intensity // Coordination //

**Dance Aerobics**  
 High energy dance moves provide the basis for this aerobic style workout. Piece together a routine and strut your stuff to a better body.  
 Intensity // Coordination //

**Fitball**  
 This is a low impact class which uses exercise balls to increase core and functional strength, and improve balance, flexibility and posture.  
 Intensity // Coordination //

**Functional Training Area**  
 The whole Squash Court area is set aside for you to do what you want to do - skipping, boxing, bear crawls, lunges, power bags. We supply the equipment, you use your imagination (or see an instructor for some advice).  
 Intensity // Coordination //

## Just Jhoom!

Just Jhoom! means Just Dance and draws on a range of dance styles from classical Indian to bhangra with dashes of hip-hop, jive and jazz. Using Indian dance moves, Bollywood music and strengthening exercises we'll make sure you get a really good workout.  
 Intensity // Coordination //

**Kettlebells**  
 This is a toning and strengthening class using weighted Kettlebells for whole body movements to increase lean muscle mass and dynamic strength.  
 Intensity // Coordination //

**Kick Boxercise**  
 Boxercise with an added kick! Using both punching and kicking exercises to increase strength and flexibility as well as boosting fitness levels.  
 Intensity // Coordination //

**Legs, Bums and Tums**  
 A low-impact class to shape and tone the legs, bum and stomach. The whole class is focussed on this area to help you improve your lower half.  
 Intensity // Coordination //

## Revolution

Revolution is a group cycling class which regulates pedal speed, resistance and seating postures to maximise cardio-fitness levels. We offer three different levels of this class:

Revolution Light (L) Intensity // Coordination //  
 Revolution Intermediate (I) Intensity // Coordination //  
 Revolution Endurance (E) Intensity // Coordination //

**Revolution Light (L)**  
 This class is for people new to indoor cycling or who like to cycle at a lower intensity. It includes basic instruction.

**Revolution Intermediate (I)**  
 A moderate intensity is achieved at this level. Begin to really burn those calories.

**Revolution Endurance (E)**  
 This is an extended version of the Intermediate class and looks to really maximise cardio fitness. This is a class for those seeking a fitness challenge!

**Rowing Circuits**  
 Rowing is a cardiovascular and resistance exercise targeting the legs, back and arms. This class builds rowing into a fun circuit based class to increase metabolism and burn calories.  
 Intensity // Coordination //

## Skip Fit

A simple and fun circuit based class where strength exercises are mixed with skipping to improve lower body endurance and coordination.  
 Intensity // Coordination //

**Step It Up**  
 This is a lively energetic class to step up your fitness. Routines are choreographed and broken down in to easy to learn sections. A fun way to increase your cardiovascular fitness.  
 Intensity // Coordination //

**Tabata**  
 A full body workout which focuses on increasing metabolic rate to generate huge fat burning potential using interval training in short bursts.  
 Intensity // Coordination //

**Total Body Tone**  
 Reshape your body with this great top to toe training session. You are guaranteed to see results in cardiovascular and weight loss if you stick to the programme!

**Ultimate Workout**  
 This is a high-intensity workout integrating four exercises and super-circuits. A calorie-burning session guaranteed to help you tone up and lose body fat.  
 Intensity // Coordination //

## Yoga

This class aims to improve every aspect of your life: good posture, a fit and supple body, breathing and meditation for the mind and spirit.  
 Intensity // Coordination //

**Yogalates**  
 A mixture of Yoga and Pilates style moves that help stretch and tone your muscles and help your state of mind. Great for relaxation.  
 Intensity // Coordination //

**Zumba**  
 The latest in Latin dance inspired exercise! Shimmy and shake your way to a toned and shapely body. Fitness has never been so much fun!  
 Intensity // Coordination //

**Classes Coming Soon**  
**BODYcombat** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness. Anticipated start date: 30th January 2012.  
 Intensity // Coordination //

**BODYpump** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Anticipated start date: 20th February 2012.  
 Intensity // Coordination //



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