

FITNESS TIMETABLE

WINTER TIMETABLE

All classes are held in the Fitness Studio located on the first floor otherwise as marked: *Sports Hall, **Pool

STAY
ACTIVE
KEEP
FIT!

MON

7.00am-7.30am Monday Mayhem
9.30am-10.15am Spin Strength Spin
10.30am-11.15am Stretch & Tone
1.00pm-1.45pm Sit 2 Fit
5.15pm-6.10pm **Les Mills** BodyPump
6.15pm-7.10pm **Les Mills** BodyCombat
7.15pm-8.00pm **Les Mills** BodyBalance

TUES

7.00am-7.30am **Les Mills** GRIT Cardio
9.30am-10.15am **Les Mills** RPM
10.30am-11.25am **Les Mills** BodyBalance
6.00pm-6.45pm Total Fitness
7.00pm-7.45pm Studio Cycle
7.45pm-8.30pm AquaFit**

WED

7.00am-7.30am **Les Mills** GRIT Athletic
9.30am-10.15am **Les Mills** BodyStep
10.00am-10.45am Buggy Bootcamp
10.30am-11.25am **Les Mills** BodyPump
11.30am-12.25pm Pilates & Stretch
5.15pm-6.00pm **Les Mills** RPM
6.00pm-6.55pm **Les Mills**
7.00pm-7.45pm Bootcamp
7.15pm-8.00pm AquaFit**

THUR

7.00am-7.45am **Les Mills** RPM
9.30am-10.25am LBT & ABC
10.30am-11.00am METFIT
11.15am-12.00pm Balance & Core
6.00pm-6.45pm Core Stability & Strength
7.00pm-7.45pm Total Fitness

FRI

7.00am-7.30am **Les Mills** GRIT Strength
9.30am-10.25am **Les Mills** BodyPump
10.30am-11.25am **Les Mills** BodyBalance
12.00pm-12.45pm AquaFit**
5.15pm-5.45pm HIIT Step

SAT

8.30am-9.15am METFIT
9.30am-10.15am Core Stability & Strength

SUN

9.30am-10.15am Studio Cycle
10.30am-11.25am Circuits

Loyalty
Cards

...available for all
Studio Classes
Contact Reception for
further details.

3
Aquafit
sessions
per week

Keep an eye out
for our themed
sessions!

See Reception to book your next group fitness class.
Book up to 8 days in advance.



CHOOSE FROM A HUGE RANGE OF FITNESS CLASSES AND START HAVING FUN GETTING FIT!

AquaFit - Cardio and resistant training in the water, so you can jump without impact, strengthen without soreness the next day.

Balance & Core - A functional based class consisting of balance movement patterns along with core stability/strength exercises.

BODYBALANCE™ - Ideal for anyone and everyone, a yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Strengthen your entire body.

BODYCOMBAT™ - Punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and challenges you to up the intensity.

BODYPUMP™ - A great motivational class that has you working all muscles with carefully selected exercises taking you on a journey.

BODYSTEP™ - You can burn up to 540 calories and leave buzzing with satisfaction.

Bootcamp - An interval training workout with bursts of intense activity and rests of lighter activity.

Circuits - Top to toe workout class aimed at all levels. Work on your strength, endurance, cardio fitness and core, "the total body workout".

Core Stability & Strength - A class to target the core as a whole to improve your overall posture and performance.

GRIT ATHLETIC™ - A 30-minute high-intensity interval training (HIIT) sports conditioning workout, using a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

GRIT CARDIO™ - A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. Using a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT STRENGTH™ - A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. Using barbell, weight plate and bodyweight exercises.

HIIT Step - This class is choreographed to bespoke soundtracks created by some of the UK's top House DJs, HIIT Step is a high energy class that pushes you to new limits.

LBT & ABC - A combination of muscular strength, endurance exercise to hit the main muscle groups, legs, glutes, core, arms, back and chest.

Les Mills - Wednesday 6pm is a class that will follow a set pattern, allowing you the opportunity to give a different Les Mills class a try, week on week. Set pattern = BodyPump, BodyCombat, BodyBalance.

METFIT - A high energy class that will incorporate various training methods - AMRAP, EMOM, TABATA to take your fitness to the next level.

Monday Mayhem - A HIIT based class focusing on strength.

Pilates - This mind-body workout will develop your strength, flexibility and endurance while challenging your core.

RPM - With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

Sit 2 Fit - Aims to improve mobility, flexibility and stability whilst using a chair for support. This class is aimed at those wanting to improve their functional ability with everyday activities.

Spin Strength Spin - A mixture of traditional intense spinning mixed with intense body weight exercises to challenge you.

Stretch & Tone - This is a low impact class to tone core, upper and lower body muscles followed by stretches. This will help increase range of motion and flexibility.

Studio Cycle - A 45 minute studio based cycling class, that builds stamina and endurance whilst burning off those calories. Let your instructor take you through your paces as you sprint and climb hills to music. A great class to see your fitness levels improve very quickly.

Total Fitness - A class which involves various movements and methods using bodyweight and weights, work to your own ability.

Getting moving and staying fit couldn't be easier than here at Catterick Leisure Centre.

You can pay as you go or as a member of the leisure centre you have access to over 40 classes each week included in your membership.

Studio Classes

Adult Studio Class	£5.75
Concession Studio Class	£4.50
Child Studio Class	£4.00
Adult Studio Loyalty Card	£57.50
Concession Studio Loyalty Card	£45.00

Fitness Suite and Studio Classes

Induction	£12.50
Adult Fitness Suite	£7.00
Programme Review	£5.00
Junior Gym Induction*	£12.50
Junior Fitness Suite*	£5.50
Personal Training (single session)	£30.00
Personal Training (4 sessions)	£115.00

Personal Training provides you with that extra support and guidance to help you reach your goals. Sessions are 1hr in duration with an option to tweak to 30min sessions if required. The Team are waiting to hear from you.

*The Fitness Suite is available for 11-16 year olds between 3.30pm-5.30pm Mon-Thurs, 3.30pm-5.30pm and 7.00pm-8.00pm Friday's and 10.00am-3.00pm Sat-Sun.

BOOK YOUR FITNESS CLASS ONLINE

An online booking system is available to book all your classes, please ensure that you book to guarantee your place.

Reception 01748 831030

Catterick Leisure Centre, Gough Road,
Catterick Garrison, North Yorkshire DL9 3EL

FITNESS TIMETABLE

Winter 2024



Catterick
LEISURE CENTRE