

## 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.

**Les Mills 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 TaiChi and Pilates. Strengthen your entire body.

**Les Mills 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.

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

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

**Box Fit** - This is a high intensity non-contact workout that incorporates boxing techniques to improve your strength, agility and overall fitness levels.

**Buggy Bootcamp** - This is a class designed to allow you an opportunity to participate in regular exercise, whilst also bringing along your child/children under pre-school age. Its solely your responsibility to look after them. The class will have plenty of options to allow all levels of fitness to attend. There will also be a disclaimer to sign to confirm that you understand its your responsibility to look after your child/children.

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

**Les Mills 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.

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

**Les Mills 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, HIITStep is a high energy class that pushes you to new limits.

**LBT** - A combination of muscular strength, endurance exercise to hit the main muscle groups, legs, glutes, core

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

**Pilates** - Strengthen your body whilst improving your posture, alignment and improving your flexibility in this low impact class

**Les Mills 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.

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

**Strength & Conditioning** - To improve strength, speed and power through functional movement. It will also work on your core and can improve mobility.

**Strength & Core** - Combining powerful compound lifts with targeted core exercises to build full body strength and a resilient core. This class will enhance your stability while helping achieve greater overall strength.

**Stretch & Flow** - A class that will consist of basic stretching exercises and movement patterns for everyday functionality. There will be various options throughout to suit a range of abilities.

**Studio Cycle** - A 45minute 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.

### 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. Scan to book now.



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LEISURE CENTRE

Loyalty Cards

Available for all  
studio classes.

Contact reception for  
further details.

**FITNESS TIMETABLE**

Start date: January, 2nd 2025

# FITNESS TIMETABLE

All classes are held in the fitness studio located on the first floor, unless marked: \*Sports Hall, \*\*Pool

<b>MON</b>	7 - 7.30 HIIT Step	9.30 - 10.15 Studio Cycle	10.30 - 11.15 LBT	11.30 - 12.15 Stretch & Flow	17.15 - 18.00 Les Mills Bodystep	18.00 - 18.45 Les Mills BodyCombat	19.00 - 19.45 Les Mills BodyBalance
<b>TUE</b>	7.00 - 7.30 Les Mills GRIT Cardio	9.30 - 10.15 Buggy Bootcamp	9.30 - 10.15 Les Mills BodyPump (55min)	10.30 - 11.15 Les Mills BodyBalance (55min)	18.00 - 18.45 Total Fitness	19.00 - 19.45 RPM	19.45 - 20.30 Aqua**
<b>WED</b>	7.00 - 7.30 Les Mills GRIT Athletic	9.30 - 10.15 Les Mills Bodystep	10.30 - 11.15 Spin, Strength, Spin	11.30 - 12.15 Pilates (55min)	18.00 - 18.45 BoxFit	19.00 - 19.45 Strength & Core	
<b>THU</b>	7.00 - 7.30 Les Mills RPM	9.30 - 10.15 Boxfit	10.30 - 11.15 Strength & Conditioning	18.00 - 18.45 LBT	19.00 - 19.45 Total Fitness		
<b>FRI</b>	7.00 - 7.30 Les Mills GRIT Strength	9.30 - 10.15 Buggy Bootcamp	9.30 - 10.15 Les Mills BodyPump (55min)	10.30 - 11.15 Les Mills BodyBalance (55min)	12.00 - 12.45 Aqua**	18.00 - 18.45 Virtual LM	
<b>SAT</b>	9.30 - 10.15 METFIT	10.30 - 11.15 Virtual LM					
<b>SUN</b>	9.30 - 10.15 Circuits (55min)	10.30 - 11.15 Studio Cycle	14.00 - 14.45 Virtual LM				

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myzone®

3 ways to wear • 3 x the motivation • 3 x the fun!



### Why use Myzone?

**Community and connection:** Foster a sense of connectedness and encourage the development of healthy, lifelong habits.

**Simplified science:** Based on the science of heart rate training but presented in a really simple and user-friendly format

**Recognition and rewards:** Provides recognition for all efforts, no matter fitness level or expertise, ensuring motivation is maintained.

**Universal appeal:** Suitable for everyone from beginners to regular gym-goers.

**Engagement through gamification:** Converts fitness activities into a point system, making it easier to track and meet fitness goals.

**Community and accountability:** Leverages community support and straightforward scientific principles to enhance workout enjoyment and effectiveness.

Scan to find out more about MYZONE

