

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.



Catterick
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 - 07.30	HIIT Step	LES MILLS RPM (45min)	LES MILLS GRIT Athletic	LES MILLS GRIT Cardio	LES MILLS GRIT Strength		
09.30 - 10.15	Studio Cycle		Buggy Bootcamp	LES MILLS RPM	Buggy Bootcamp	METFIT	
09.30 - 10.25		LES MILLS BODY PUMP			LES MILLS BODY PUMP		Circuits
10.30 - 11.15	LBT		Spin, Strength, Spin	Strength & Conditioning		LES MILLS VIRTUAL	Studio Cycle
10.30 - 11.25		LES MILLS BODY BALANCE			LES MILLS BODY BALANCE		
11.15 - 12.15	Stretch & Flow		Pilates (55min)				
12.00 - 12.45					Aqua**		
14.00 - 15.45							LES MILLS VIRTUAL
17.15 - 18.00	LES MILLS BODYSTEP						
18.00 - 18.45	LES MILLS BODYCOMBAT	Total Fitness	BoxFit	LBT			
19.00 - 19.45	LES MILLS BODY BALANCE	LES MILLS RPM	Strength & Core	Total Fitness	LES MILLS VIRTUAL		
19.45 - 20.30		Aqua**					