

# HORNCASTLE POOL & FITNESS SUITE

'live a great life!'

## Exercise Class Programme From 1st April 2019

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							
9am							
10am		Aqua Jog*	Yoga***	Fitball Pilates**			
11am	Aquacise*		Aquacise*		Aquacise*		
12pm							
1pm							
2pm						Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds
3pm							
4pm	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds	Fitness Academy 11-15 year olds		
5pm							
6pm	Zumba	Pound	Bollywood	Kettlebells			
7pm	Yoga	Body Sculpting	Yogalates	Circuits	Aqua-Zumba*		
8pm							
9pm							

- AQUACISE** - using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.
- AQUAJOG** - Burn calories while running in water, great low impact exercise using buoyancy belts.
- CIRCUITS** - designed to help with muscle tone, strength and cardiovascular fitness. This is traditional circuit training incorporating large compound bodyweight movements to build great all-round fitness.
- AQUA ZUMBA** - Is a classic aqua aerobics with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders
- FITNESS ACADEMY**- Cardiovascular, gym based exercise for 11-15 year olds with some supervised muscle tone work to add variation.
- KETTLEBELLS** - a full body workout using the Kettle Bells. Due to the full body nature of this class you will burn calories and get great muscle tone at the same time. Great class for anyone looking for improved muscle tone.
- ZUMBA** - Combine the calorie burning benefits of traditional aerobics with up to date fun dance moves and you have Zumba. Catering for every users ability it's already one of our most popular classes. Come and get fit and bring your Latin spirit with you.
- BODY SCULPTING** - Combines cardiovascular, stretching and strength-training exercises to help burn calories, increase flexibility and tone muscles all at once.
- BOLLYWOOD** - Indian dance fitness class to Bollywood music. Low impact, easy to follow, focuses on balance, range of movement and co-ordination to Bollywood music.
- YOGALATES** - A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.
- FITBALL PILATES** - Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
- YOGA** - A physical and mental exercise using stretching and breathing to help improve posture and core stability while helping you relax and release stress.
- POUND** - Is a combination of cardio and weight training exercise approach that includes some of the rhythmic techniques used in Pilates..... Colourful, lightweight drumsticks called ripstix add an element of fun.

All our classes are based at the Grammar School unless stipulated.

\* Horncastle Pool & Fitness Suite

\*\* Horncastle Community Centre (Community based classes)

\*\*\* Tetford Village Hall (Community based classes)

All Classes are for 16 years and above unless labelled otherwise.

[www.magnavitae.org](http://www.magnavitae.org)

