

# Class Timetable

Restricted Covid-19 re-opening

Classes available from 17.05.21

**NETHERTON  
ACTIVITY  
CENTRE  
COMMENCES  
17.05.21**

**MORE THAN  JUST A GYM**

**KEEP IN TOUCH, KEEP ACTIVE.**

 /activ8fitness

 @activesefton

 [activeseftonfitness.co.uk](http://activeseftonfitness.co.uk)

## CLASS DESCRIPTIONS

### **LES MILLS BODYCOMBAT**

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

### **LES MILLS BODYPUMP**

The Original barbell workout. The full-body weights workout, BODYPUMP is for anyone looking to get lean, toned and fit – fast!

### **50+ KEEP FIT**

A fitness workout designed to burn calories, increase fitness and improve energy levels using all major muscle groups to improve day to day movements and mobility.

### **CHAIR BASED CIRCUIT**

This light and easy to follow class works on gentle movement, stretching and relaxation to help improve circulation, muscle strength and joint stability.

### **FITNESS YOGA**

An effective and exciting 'mind & body' workout combining aerobic and anaerobic movements with elements of yoga.

### **LEGS, BUMS & TUMS**

Focusing on hard to reach areas, this class uses isolated toning and strengthening exercises to create leaner muscles and elevated self-confidence.

### **PILATES**

This is a body conditioning routine that helps build flexibility, longer leaner muscles, and strength and endurance in the arms, legs, abdominals, hips and back. It puts emphasis on spinal alignment and breathing techniques to aid relaxation and decrease stress levels. This low level class can also help build a stronger core and improve co-ordination and balance.

### **SPINNING**

Indoor cycling, this class will get your heart racing and take you on a ride to help achieve your fitness goals. Energetic instructors will motivate you through a variety of terrains designed to burn calories in a super-fast time and leave you with an endorphin high.

### **STEP**

Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Intensity is controlled by adjusting the height of the step as well as the amount of arm movements.

### **TOTAL CONDITIONING**

Targets all muscle groups using cardio and strength training to improve fitness, health and wellbeing.

### **YOGA**

This is all about flexibility, range of motion, posture, and control of breathing. A range of stretches and holds will enable the body and mind to align, allowing you to adapt and conform to a stronger, more flexible skeletal frame.

**All classes can be booked up to 7 days either online or over the phone.**

**FOR ONLINE BOOKING:** We have introduced a new online booking system for gym, swim and classes. We would advise all members to register for online booking as this will make the booking process quicker and easier. For full details of how to access the booking system go to [www.activeseftonfitness.co.uk](http://www.activeseftonfitness.co.uk)

**FOR PHONE BOOKINGS:** If you do not want to use online bookings, you will be able to book chosen activities by contacting your chosen Leisure Centre by phone.



one membership. six locations.

| **BOOTLE LEISURE CENTRE**

| **CROSBY LAKESIDE ADVENTURE**

| **DUNES SPLASH WORLD**

| **LITHERLAND SPORTS PARK**

| **MEADOWS**

| **NETHERTON ACTIVITY CENTRE**

**active sefton**  
Sefton Council 

# CLASS TIMETABLE

Timetables subject to change. Commences on 17.05.21

**NETHERTON ACTIVITY CENTRE**  
**0151 525 5106**



## MONDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:00	Spinning	Studio 1
	10:30-11:30	Les Mills Bodypump	Main Hall
	11:45-12:45	50+ Keep Fit	Main Hall
	18:00-19:00	Les Mills Bodypump	Main Hall
	19:00-19:45	Spinning	Studio 1

## TUESDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:15	Les Mills Body Combat	Main Hall
	10:30-11:30	Yoga	Studio 1
	18:00-18:45	Legs Bums and Tums	Studio 1
	19:00-20:00	Les Mills Bodypump	Main Hall

## WEDNESDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:00	Spinning	Studio 1
	10:30-11:30	Les Mills Body Combat	Studio 1
	18:15-19:00	Total Conditioning	Studio 1
	19:15-20:00	Step	Studio 1

## THURSDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:15	Total Conditioning	Main Hall
	10:30-11:30	Pilates	Main Hall
	12:00-12:30	Chair Based Exercise	Studio
	18:00-19:00	Les Mills Bodypump	Main Hall
	19:15-20:15	Yoga	Studio

## FRIDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:15	Spinning	Studio 1
	10:30-11:30	Fitness Yoga	Studio 1

## SATURDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:30	Les Mills Bodypump	Main Hall

## SUNDAY

	TIME	ACTIVITY	LOCATION
		No classes	

**v** **LesMills Virtual Classes** There are no Les Mills Virtual Classes currently running within the centre. You can access a range of virtual classes on our website at [www.activeseiftonfitness.co.uk](http://www.activeseiftonfitness.co.uk)

Booking is compulsory on all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

**Please ask at reception for more details or call us on 0151 525 5106 or visit [www.activeseiftonfitness.co.uk](http://www.activeseiftonfitness.co.uk)**