

North Northamptonshire Leisure

Group Exercise Timetable October 2023



190+

Classes A Week

Class Descriptions

Lesmills BODYCOMBAT	Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai. Available in virtual format too.	L			
LesMILLS BODYPUMP	Is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Available in virtual format too.				
LesMills BODYBALANCE	the Yoga, Tai Chi and Pilates workout that builds flexibility, strength & leaves bu feeling centred and calm. Breathing, concentration & a structured series of retches/poses to music create a holistic workout that brings a state of harmony and balance. Available in virtual format too.				
LesMills <mark>BODYJAM</mark>	Is the dance cardio workout where you are free to enjoy the sensation of danc- ing. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.				
LesMills BODYATTACK	Is a whole body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do. Incorporates moves like running, jumping, push ups and lunging. Only offered in virtual only.	т			
LesMills SH'BAM	A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can! Only available in virtual format.	K			
	Is Les Mills's core specific workout. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. During the 30 minutes you will use resistance tubes and weight plates, as well as body weight exercises like crunches, hovers, hip, butt and lower back exercises. Only available in virtual format.	In			
LESMILLS CARDIO	Les Mills Grit is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, speed, maximises calorie burn and increases	В			
GRIT ATHLETIC	strength. It uses a variety of barbell, weight plate and body weight exercises to achieve ultimate results. It's super tough and is recommended for people with a relatively good level of fitness to begin with. Only available in virtual format.				

Class Descriptions

LesMills RPM	RPM [™] is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session**. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race! (Virtual Only)
Sprint	LES MILLS SPRINT [™] is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. (Virtual Only) It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast. (Virtual Only)
	There is nothing else quite like THE TRIP. It's a journey into the future of fitness - what we call exertainment. Inspired by cinema, live concert experiences and interactive gaming, THE TRIP is an immersive fitness experience that combines a purpose-built studio, live instructors with immersive video. The potential for what a workout can be is limitless. (Virtual Only)
Kettlebells	Unlike a dumbbell, the centre of mass is outside the handle, which means that the Kettle Bell is constantly pulling away from you. Your whole body has to stabilise this, thus working almost every muscle group in your body. This class increases cardiovascular fitness, muscular endurance and power.
Indoor Cycle	One of our most popular programmes. This is an indoor cycling workout .Take on the terrain with your inspiring team coach who leads you through hills, flats, mountain peaks, time trials, and interval training. Book early to avoid disap- pointment.
Boxing for Fitness	Is based on the basics of boxing, Correct boxing training not only works all parts of the body but also all aspects of fitness such as cardiovascular fitness, muscular endurance, muscular strength, stamina, co ordination and power, you will also do fitness drills as part of your boxing.
Circuits	Is a form of aerobic, body conditioning and resistance training using high- intensity, in a circuit or loop format. It targets strength building and muscular endurance; it's a great way to get the most out of your workout!



This is a whole new experience unlike any other virtual class you have done before. All of your Les Mills favourites on an amazing 3 metre wide screen with sound responsive lighting. Features the world's best Les Mills instructors. Our new 'ONDEMAND' feature in our cycle studio allows you to select whatever indoor cycling programme you prefer.





Class Descriptions

Ab Attack	Is a short sharp workout that'll hit your core muscles helping you to strength- en and tone them.	Pilates I Cardio Pilat
Groovy Movers	Groovy Movers is a low impact class based on traditional aerobics. Designed to keep our wiser members moving in a fun and friendly environment.	Yoga In
Barbell WOD	This 'Barbell Workout of the Day' class predominantly uses barbells to tone and sculpt your body. There is an emphasis on teaching you how to use a barbell correctly. Workouts will include things such as supersets, giant sets, pyramids, pre-exhaust, post-exhaust The list goes on. Let's lift together!	Hatha & Vin Legs, Bur
Triple Decker	A very popular class that combines 3 elements, classic aerobics, step aerobics and toning exercises that helps with all round fitness. Suitable for all levels of fitness	Tums
Gym Barbell	Gym Barbell uses Olympic lifting bars and other free weight equipment to help sculpt and build a strong, athletic body. This small group session gives you the opportunity to learn how to make the most from our gym.	Body Bla
Aqua Circuits	Working on the same principles as traditional circuit training, but in our swim- ming pool. Suitable for all levels of fitness and great for rehab, this low im- pact class takes traditional shallow and deep water exercises and puts a twist on them. Please note, floor height may vary.	Crea Helping c natural appet
Shallow & Deep Water Workout	The exercise principles for shallow and deep water workout are very similar. They both mix cardiovascular and resistance training to give you a total body workout. Shallow Water Workout is at transitional depth (between navel and nipple) Deep Water Workout your feet do not touch the floor. A participant in deep water is aided with a waist belt to help stay suspended in water. Our Shallow Water Workout for Pregnancy classes are designed specifically for pregnant women, but we do allow regular members to attend as well if the class is not full. Pregnant women do get priority so if you can't get in, speak to reception.	Train Together Gym for 12-15 year olds and c participate in Adult Classes from 14+ Years
THIS GIRL C A N	THIS GIRL CAN CLASSES is a 10 week programme designed as an introduc- tion to mainstream exercise classes for females aged 16+. Supported by The National Lottery and Sport England, it is great for those that are new to group exercise. For more information visit <u>www.corbyleisure.co.uk/this-girl-can</u>	Teen Fit Supervised
Shimmy 'n' Shake	A dance based class which mixes Hip Hop, Salsa, Latin, Merengue and Jazz. All abilities are welcome to come along for the fun even if you think you have two left feet!! Let's get our shimmy on!	Supervised Sessions for Young People.
Personal Training	Personal Training is exactly that. It is personal to you and your goals! Each session is arranged privately between you and your personal trainer. Dietary advice is also included. So why wait? Start your transformation today. For more information, visit the personal trainer board within the gym or ask reception for more details. *Surcharge applies.	Teen Circuits ^{Classes} for 12 15 Year Olds.

Visit corbyleisure.co.uk/member-area to book online

Class Descriptions

Pilates Inc. Cardio Pilates	A slow and controlled class teaching the Pilates method. This class can lead to improved flexibility and good posture which can help to create strong ab- dominal and back muscles, a must for everybody. Cardio Pilates uses tradi- tional Pilates techniques but combines them to create a full body workout.			
Yoga Inc. Hatha & Vinyasa	Hatha Yoga is a gentle style of yoga suitable for everyone. Vinyasa Yoga is uses more flow and movement, so is considered a more rigorous style of yo- ga. We would recommend going to Hatha or our traditional Yoga classes first. All of our classes are designed to restore balance to the mind, body and spirit.			
Legs, Bums & Tums	Legs, Bums and Tums is a classic, popular class that focuses on exercises that help shape and tone the legs, stomach, bum and thigh areas. Book early to avoid disappointment.			
Body Blast	Body Blast combines 3 main elements Cardio, Strength and Core. This class has been developed to be fun, dynamic and results driven with an emphasis on traditional aerobics but funky. We know you will love it.			
Creating a Healthy Future - Children and Families Helping children shape positive physical habits is our passion. We want to feed young people's natural appetite for action, movement and exercise. Our family fitness sessions can make this happen. Train Together - Gym for 12-15 year olds and can participate in Adult Classes from 14+ Years. Value Classes from 14+ Years. Our geople can also attend our adult group exercise classes from 14 years (excluding classes that involve lifting weights such as Body Pump, Kettlebells etc.				
Supervised pe	milar to Train Together where young people will be able to use the cardio vas- lar and resistance machines, however, these sessions are for when young cople aged 12+ want to come to the gym on their own. These sessions are Ily supervised by our gym instructors who will assist them with their reduct if they need it. Session times your, who will assist them with their			

workout if they need it. Session times vary, please ask the gym team for more information. Teen fit / Train Together registration form must be completed prior to commencing. Maximum of 10 children in each session.

Teen Circuits Classes for 12-15 Year Olds.

Similar to our adult circuit classes but designed specifically for 12–15 year olds. Circuits is famous all around the world as a form of aerobic, body conditioning and resistance training using high-intensity exercises, in a circuit format. It targets strength building and muscular endurance. We think these are great for learning safe and effective lifting techniques which can be taken into the future as our instructors will guide participants throughout. Maximum 20 in a session.





To Book Your Class Online: BOOK HERE **Corby International Pool** Corby Pool Corby Pool Lodge Park Practice / Main Main Studio Agua Time Hall Classes 06:30 07:30 08:30 Community Use 55 Shallow Water LesMills BODYCOMBAT 09:30 Workout Μ JULIANA JULIE Body Blast 10:30 55 JULIE 11:30 12:30 Ν 75 Hatha Yoga 14:30 SZILVIA 16:00 D 17:15 LesMills A 17:45 55' BODYCOMBAT STEVE 18:00 18:15

Circuits

55'

NATALIE Shallow Wate 45

Workout KELSEY

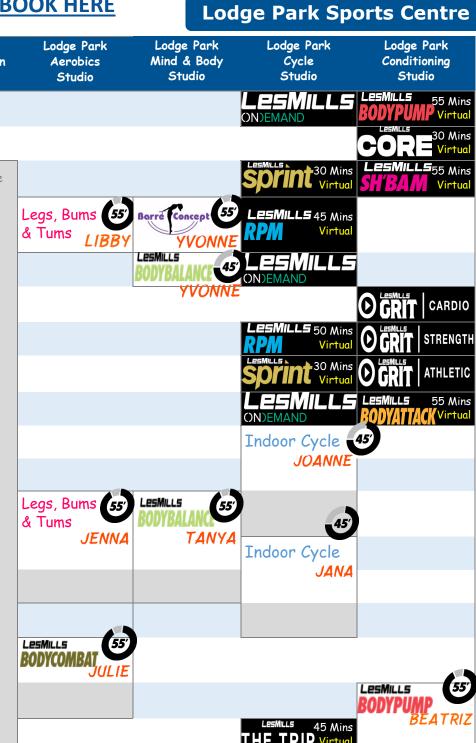
18:30

19:00

19:15

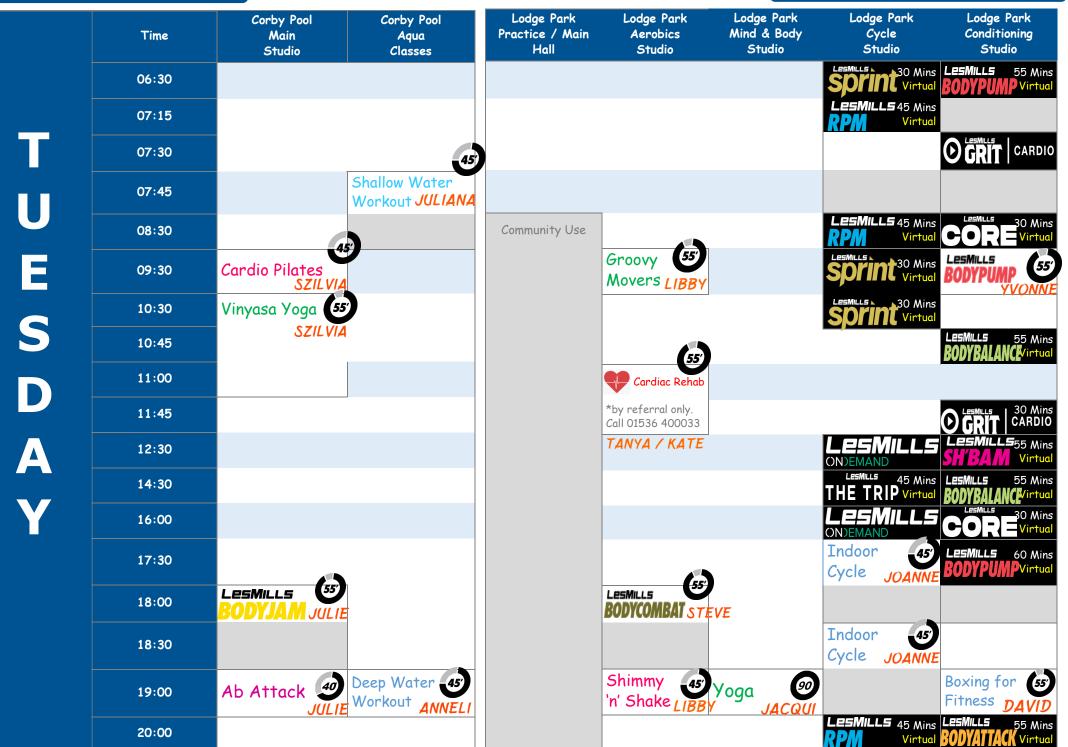
19:30

20:00



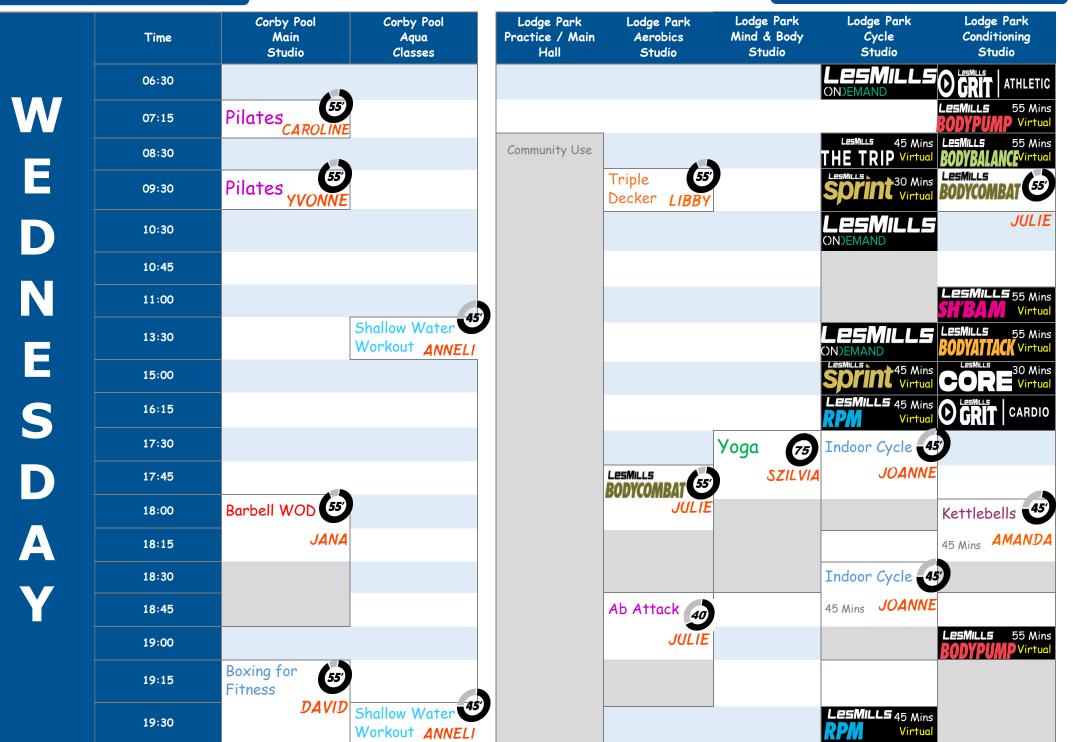
To Book Your Class Online: **BOOK HERE**

Lodge Park Sports Centre



To Book Your Class Online: **BOOK HERE**

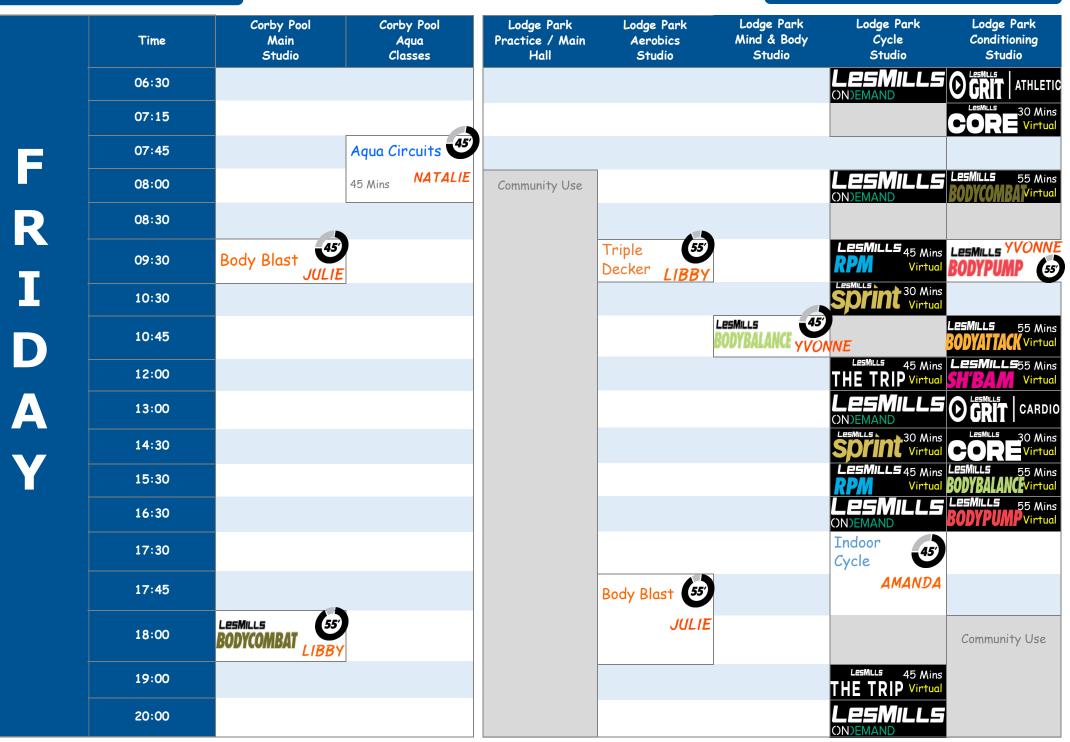
Lodge Park Sports Centre



Corby International Pool			To Book Your Class Online: BOOK HERE				Lodge Park Sports Centre		
	Time	Corby Pool Main Studio	Corby Pool Aqua Classes	Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning Studio	
	06:30						LESMILLS	LESMILLS 55 Mins BODYCOMBATVirtual	
T	07:30								
	08:15			Community Use			Sprint ³⁰ Mins	LESMILLS 55 Mins BODYPUMP Virtual	
H	09:30					LESMILLS BODYBALANCE	LESMILLS ONDEMAND		
	09:45	JULIE	Shallow Water 45 Workout JANA			YVONNE			
U	10:30	Ab Attack 40	JANA		55				
	10:45	JULIE	Shallow Water Workout		Cardiac Rehab	-			
R	12:00		RHEANNE		*by referral only. Call 01536 400033		LESMILLS 45 Mins Virtual		
S	13:00				ΤΑΝΥΑ	1	LESMILLS 45 Mins THE TRIPVirtual	CORE 30 Mins	
	14:00							LESMILLS 55 Mins SH'BAM Virtual	
D	16:15	Teen Circuits 55					LESMILLS ONDEMAND		
	17:15	AMANDA							
A	17:30	Circuits 45							
V	17:45	JANA					-45	LESMILLS BODYCOMBAT	
L L	18:00				JULIE		Indoor Cycle	LAURA	
	18:30	Pilates 55					JENNA		
	19:00	SZILVIA			Boxing for Fitness	Yoga 🥑	Indoor Cyc		
	19:30	Triple 45 Decker LIBBY			DAVID	JACQUI	STEVE		
	20:15						Sprint 30 Mins	BEATRIZ	

To Book Your Class Online: **BOOK HERE**

Lodge Park Sports Centre



To Book Your Class Online: **BOOK HERE**

Lodge Park Sports Centre

C –	Time	Corby Pool Main Studio	Corby Pool Aqua Classes	Lodge Park Practice / Main Hall / Gym	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning / Virtual Studio
S	08:30					Community Use	LESMILLS 45 Mins Virtual	Community Use
A	08:45			55				
	09:00			Gym Circuits	Legs, Bums			
	09:30			AMANDA	JENNA		Sprint 30 Mins	
U	10:00	BEATRIZ			Community Use		Indoor Cycle 45 45 Mins AMANDA	
	10:30						LESMILLS ONDEMAND	
R	10:45	LESMILLS BODYBALANCE BEATR	IZ					
	13:00						LESMILLS 45 Mins THE TRIP Virtual	
D	14:00						LESMILLS 45 Mins RPM Virtual	
	15:00						Sprint 30 Mins Virtual	
A	16:00						LESMILLS ONDEMAND	
Y	17:15						LESMILLS 45 Mins THE TRIP Virtual	
	17:30							ESMILLS 55 Mins
	18:30			Community Use			RPM Virtual	LESMILLS55 Mins H'BAM Virtual
	19:30		_				Sprint 30 Mins Virtual	ESMILLS 55 Mins ODYCOMBA Virtual
				25MILL5				

IMMERSIVE FITNESS



Follow us: @nn_leisure. For more information about our classes, visit corbyleisure.co.uk/fitness



To Book Your Class Online: **BOOK HERE**

Lodge Park Sports Centre

	Time	Corby Pool Main Studio	Corby Pool Aqua Classes	Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning / Virtual Studio
	08:30			Community Use			LESMILLS ONDEMAND	
S	09:00							LESMILLS 55 Mins BODYPUMPVirtual
U	10:00				LESMILLS BODYCOMBAT		Indoor Cycle 45	
	10:30				LAURA / MARIE		AMANDA	Community Use
Ν	12:00						LESMILLS 45 Mins RPM Virtual	
	13:00							
D	14:00						Lesmills 45 Mins	
	15:00						LESMILLS	B{0DY(COMB/ATVIPTUAL
A	16:15						LESMILLS 45 Mins Virtual	LESMILLS 55 Mins BODYPUMP/irtual
Υ	17:15						Sorint 30 Mins Virtual	LesMills 55 Mins BODYBALANCE/intual
L	18:00						LESMILLS 45 Mins THE TRIP Virtual	
	18:30							CORE Virtual
	19:00						LESMILLS 45 Mins RPM Virtual	LESMILLS 55 Mins SH'BAM Virtual
	20:00						LESMILLS	LESMILLS 55 Mins BODYATTACK Virtual
S M A S H	YOUR GO	DALS						