



North  
Northamptonshire  
Leisure

# Group Exercise Timetable

April 2024



# 190+

Classes A Week

## Class Descriptions

### LES MILLS 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.

### LES MILLS 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.

### LES MILLS BODYBALANCE

Is the Yoga, Tai Chi and Pilates workout that builds flexibility, strength & leaves you feeling centred and calm. Breathing, concentration & a structured series of stretches/poses to music create a holistic workout that brings a state of harmony and balance. Available in virtual format too.

### LES MILLS BODYJAM

Is the dance cardio workout where you are free to enjoy the sensation of dancing. 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.

### LES MILLS 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.

### LES MILLS 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.

### LES MILLS CORE

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.

### LES MILLS GRIT | CARDIO

Les Mills Grit is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, speed, maximises calorie burn and increases 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.

### LES MILLS GRIT | ATHLETIC

### LES MILLS GRIT | STRENGTH

## Class Descriptions

### LES MILLS 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)

### LES MILLS 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)

### LES MILLS THE TRIP

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 disappointment.

### 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, coordination 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 strengthen and tone them.

### 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.

### 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!

### 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

### 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.

### Aqua Circuits

Working on the same principles as traditional circuit training, but in our swimming pool. Suitable for all levels of fitness and great for rehab, this low impact class takes traditional shallow and deep water exercises and puts a twist on them. Please note, floor height may vary.

### 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.

### EGYM

EGYM is the next generation in smart strength training. We will be launching a new Long Covid specific programme and classes very shortly, however, this equipment can support a wide range of health conditions such as diabetes, weight management, falls prevention, plus support for athletes and more.

### 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!

### 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.

Visit [nnleisure.co.uk/member-area](http://nnleisure.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 abdominal and back muscles, a must for everybody. Cardio Pilates uses traditional 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 yoga. 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.

Young people aged 12 to 15 years now have full access to use both gyms at Corby East Midlands International Pool and Lodge Park Sports Centre (with the exception of the free weights areas). Young people can use all of our cardiovascular, resistance machines and core areas at any time of day providing they attend with a responsible adult member. Adult members are responsible for their children during these sessions, so please ensure you monitor their activity, not only for their safety, but to respect the other users of the gym. Maximum of 10 young people in the gym at any one time. Maximum of 2 children to every 1 adult member. A full teen-fit induction is required before use. Young people can also attend our adult group exercise classes from 14 years (excluding classes that involve lifting weights such as Body Pump, Kettlebells etc).

### Teen Fit Supervised Sessions for Young People.

Similar to Train Together where young people will be able to use the cardio vascular and resistance machines, however, these sessions are for when young people aged 12+ want to come to the gym on their own. These sessions are **fully supervised by our gym instructors** 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.



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Leisure



# Corby International Pool

To Book Your Class Online: [BOOK HERE](#)

# Lodge Park Sports Centre

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Time	Corby Pool Main Studio	Corby Pool Aqua Classes
06:30		
07:30		
08:30		
09:30	<b>LES MILLS BODYCOMBAT</b> 55' <b>JULIE</b>	Shallow Water Workout 45' <b>JULIANA</b>
10:30	Body Blast 55' <b>JULIE</b>	
11:30		
12:30		
14:30	Hatha Yoga 75' <b>SZILVIA</b>	
16:00		
17:15		
17:45	<b>LES MILLS BODYCOMBAT</b> 55' <b>STEVE</b>	
18:00		
18:15		
18:30		
19:00	Circuits 55' <b>NATALIE</b>	
19:15		Shallow Water Workout 45' <b>ANNELI</b>
20:00		

Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning Studio
			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS 55 Mins BODYPUMP Virtual</b>
				<b>LES MILLS ONDEMAND</b>
Community Use			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>
	Legs, Bums & Tums 55' <b>LIBBY</b>	<b>LES MILLS BODYPUMP</b> 55' <b>YVONNE</b>	<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>
		<b>LES MILLS BODYBALANCE</b> 45' <b>YVONNE</b>	<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>
			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>
			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>
			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS 55 Mins BODYPUMP Virtual</b>
			Indoor Cycle 45' <b>JOANNE</b>	
	Legs, Bums & Tums 55' <b>JENNA</b>			<b>LES MILLS 55 Mins BODYBALANCE Virtual</b>
			Indoor Cycle 45' <b>JANA</b>	
				<b>LES MILLS BODYPUMP</b> 55' <b>LIBBY</b>
	<b>LES MILLS BODYCOMBAT</b> 55' <b>JULIE</b>			
			<b>LES MILLS ONDEMAND</b>	<b>LES MILLS ONDEMAND</b>

TUESDAY

Time	Corby Pool Main Studio	Corby Pool Aqua Classes
06:30		
07:15		
07:30		45'
07:45		Shallow Water Workout JULIANA
08:30		
09:30	Cardio Pilates SZILVIA 45'	
10:30	Vinyasa Yoga SZILVIA 55'	
10:45		
11:00		
11:45		
12:30		
14:30		
16:00		
17:30		
18:00	LES MILLS BODYJAM JULIE 55'	
18:15		
19:00	Ab Attack JULIE 40'	Deep Water Workout ANNELI 45'
20:00		

Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning Studio
			LES MILLS ONDEMAND	LES MILLS 55 Mins BODYPUMP Virtual
			LES MILLS ONDEMAND	
				LES MILLS ONDEMAND
Community Use			LES MILLS ONDEMAND	LES MILLS ONDEMAND
	Groovy Movers LIBBY 55'		LES MILLS ONDEMAND	LES MILLS BODYPUMP YVONNE 55'
			LES MILLS ONDEMAND	
				LES MILLS 55 Mins BODYBALANCE Virtual
	Cardiac Rehab *by referral only. Call 01536 400033			LES MILLS ONDEMAND
	TANYA / KATE		LES MILLS ONDEMAND	LES MILLS ONDEMAND
			LES MILLS ONDEMAND	LES MILLS ONDEMAND
			LES MILLS ONDEMAND	LES MILLS ONDEMAND
			Indoor Cycle JOANNE 45'	LES MILLS 60 Mins BODYPUMP Virtual
	LES MILLS BODYCOMBAT STEVE 55'			
			Indoor Cycle JOANNE 45'	
	Shimmy 'n' Shake LIBBY 45'	Yoga JACQUI 90'		Boxing for Fitness DAVID 55'
			LES MILLS ONDEMAND	LES MILLS ONDEMAND

# Corby International Pool

To Book Your Class Online: [BOOK HERE](#)

# Lodge Park Sports Centre

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Time	Corby Pool Main Studio	Corby Pool Aqua Classes
06:30		
07:15	Pilates <b>CAROLINE</b> 55'	
08:30		
09:30	Pilates <b>YVONNE</b> 55'	
10:30		
10:45		
11:00		
13:30		Shallow Water Workout <b>ANNELI</b> 45'
15:00		
16:15		
17:30		
17:45		
18:00	Barbell WOD <b>JANA</b> 55'	
18:15		
18:30		
18:45		
19:00		
19:15	Boxing for Fitness <b>DAVID</b> 55'	Shallow Water Workout <b>KELSEY</b> 45'
19:30		

Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning Studio
			LES MILLS ON DEMAND	LES MILLS ON DEMAND
				LES MILLS ON DEMAND
Community Use			LES MILLS ON DEMAND	LES MILLS ON DEMAND
	Triple Decker <b>LIBBY</b> 55'		LES MILLS ON DEMAND	LES MILLS BODYCOMBAT <b>JULIE</b> 55'
			Indoor Cycle <b>JOANNE</b> 45'	
				LES MILLS ON DEMAND
			LES MILLS ON DEMAND	LES MILLS ON DEMAND
			LES MILLS ON DEMAND	LES MILLS ON DEMAND
			Indoor Cycle <b>JOANNE</b> 45'	
	LES MILLS BODYCOMBAT <b>JULIE</b> 55'			Kettlebells <b>AMANDA</b> 45 Mins
			LES MILLS ON DEMAND	
	Ab Attack <b>JULIE</b> 40'			
				LES MILLS BODYPUMP <b>VIRTUAL</b> 55 Mins
			LES MILLS ON DEMAND	

# Corby International Pool

To Book Your Class Online: [BOOK HERE](#)

# Lodge Park Sports Centre

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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						LES MILLS ONDEMAND	LES MILLS ONDEMAND
08:00						LES MILLS ONDEMAND	
08:15			Community Use				LES MILLS 55 Mins <b>BODYPUMP</b> Virtual
09:30	LES MILLS <b>BODYJAM</b> 55' JULIE				LES MILLS <b>BODYBALANCE</b> 55' YVONNE	LES MILLS ONDEMAND	
09:45		Shallow Water Workout 45' JANA					
10:30	Ab Attack 40' JULIE						
10:45		Shallow Water Workout 45' RHEANNE		55' Cardiac Rehab			
12:00				*by referral only. Call 01536 400033			LES MILLS ONDEMAND
13:00				TANYA			LES MILLS ONDEMAND
14:00							LES MILLS ONDEMAND
16:15							LES MILLS ONDEMAND
17:30	Circuits 45' JANA						
17:45				LES MILLS <b>BODYJAM</b> 55' JULIE			LES MILLS <b>BODYCOMBAT</b> 55' LAURA
18:00						Indoor Cycle 45' JENNA	
18:30	Pilates 55' SZILVIA						
19:00				Boxing for Fitness 55' DAVID	Yoga 90' JACQUI	Indoor Cycle 45' STEVE	LES MILLS <b>BODYPUMP</b> 55' MARIE
20:00						LES MILLS ONDEMAND	





SATURDAY	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
	08:30					Community Use	<b>LES MILLS</b> ONDEMAND	Community Use
	08:45							
	09:00			Gym Circuits <b>55'</b> <i>AMANDA</i>	Legs, Bums & Tums <b>55'</b> <i>JENNA</i>			
	09:30	<b>LES MILLS</b> BODYPUMP <b>55'</b> <i>MARIE</i>					<b>LES MILLS</b> ONDEMAND	
	10:00				Community Use		Indoor Cycle <b>45'</b> 45 Mins <i>AMANDA</i>	
	10:30						<b>LES MILLS</b> ONDEMAND	
	10:45							
	13:00						<b>LES MILLS</b> ONDEMAND	
	14:00						<b>LES MILLS</b> ONDEMAND	
	15:00						<b>LES MILLS</b> ONDEMAND	
	16:00						<b>LES MILLS</b> ONDEMAND	<b>LES MILLS</b> ONDEMAND
	17:15						<b>LES MILLS</b> ONDEMAND	
17:30							<b>LES MILLS</b> 55 Mins <b>BODYPUMP</b> Virtual	
18:30				Community Use		<b>LES MILLS</b> ONDEMAND	<b>LES MILLS</b> ONDEMAND	
19:30						<b>LES MILLS</b> ONDEMAND	<b>LES MILLS</b> ONDEMAND	

**LES MILLS**

IMMERSIVE FITNESS

# Corby International Pool

To Book Your Class Online: [BOOK HERE](#)

# Lodge Park Sports Centre

SUNDAY	Time	Corby Pool Main Studio	Corby Pool Aqua Classes
	08:30		
	09:00		
	10:00		
	10:30		
	12:00		
	13:00		
	14:00		
	15:00		
	16:00		
	17:00		
	18:00		
	19:00		
20:00			

Lodge Park Practice / Main Hall	Lodge Park Aerobics Studio	Lodge Park Mind & Body Studio	Lodge Park Cycle Studio	Lodge Park Conditioning / Virtual Studio
Community Use			<b>LES MILLS ON DEMAND</b>	
				<b>LES MILLS 55 Mins BODY PUMP Virtual</b>
	<b>LES MILLS BODYCOMBAT 55'</b> LAURA / MARIE		Indoor Cycle <b>45'</b> AMANDA	Community Use
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS ON DEMAND</b>
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS ON DEMAND</b>
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS ON DEMAND</b>
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS 55 Mins BODY PUMP Virtual</b>
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS 55 Mins BODY BALANCE Virtual</b>
			<b>LES MILLS ON DEMAND</b>	
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS ON DEMAND</b>
			<b>LES MILLS ON DEMAND</b>	<b>LES MILLS ON DEMAND</b>

