

# Lambeth Group Exercise

## Brixton Recreation Centre

Monday	Class	Instructor	Level	Location
9.15am - 10.15am	<i>NEW CLASS</i> Cardio Blast <b>C</b>	Mark	All	Studio 1
10.30am - 11.30am	<i>NEW CLASS</i> Aerobics <b>C</b>	Carol	55+ Years	Studio 1
12.00pm - 12.45pm	<i>NEW CLASS</i> Water Workout <b>C</b>	Wioletta	All	Main Pool
6.00pm - 7.00pm	<i>NEW CLASS</i> Body Conditioning <b>C</b>	Wioletta	All	Studio 1
6.15pm - 7.00pm	Aerobiking <b>C</b>	Marta	Level 1-2	Aerobiking Studio
7.00pm - 8.00pm	Soca Aerobics <b>C</b>	Shantelle	All	Studio 1
7.15pm - 8.00pm	Aerobiking <b>C</b>	Marta	Level 2-3	Aerobiking Studio
8.00pm - 9.15pm	Boxfit	Joel	Level 2-3	Studio 1
<b>Tuesday</b>				
10.00am - 11.00am	<i>NEW CLASS</i> Body Conditioning <b>C</b>	Lucille	All	Studio 1
10.00am - 11.00am	Water Workout <b>C</b>	Wioletta	All	Main Pool
12.15pm - 1.45pm	Yoga <b>C</b>	Lynne	All	Studio 2
6.00pm - 6.45pm	Aerobiking	Camilla	Level 1-2	Aerobiking Studio
6.15pm - 7.00pm	Circuits	Joel	Level 2-3	Main Hall
6.45pm - 7.30pm	Aerobiking	Camilla	Level 2-3	Aerobiking Studio
7.00pm - 8.00pm	Cardio Blast	Mark	All	Studio 1
7.15pm - 8.15pm	Street Beat	Keeza	Level 1-2	Studio 2
8.15pm - 9.00pm	Street Beat	Keeza	Level 2-3	Studio 2
<b>Wednesday</b>				
9.30am - 10.30am	Power Pump <b>C</b>	Adeama	All	Studio 1
10.45am - 11.45pm	<i>NEW CLASS</i> Step & Sculpt <b>C</b>	Carol	All	Studio 1
12.00pm - 12.45pm	<i>NEW CLASS</i> Water Workout <b>C</b>	Wioletta	All	Main Pool
1.00pm - 2.30pm	Yoga <b>C</b>	Pablo	Level 1-2	Studio 2
6.00pm - 7.00pm	<i>NEW CLASS</i> Aero Tone	Joel	All	Studio 1
6.00pm - 6.45pm	Aerobiking	Jenny	Level 1-2	Aerobiking Studio
6.45pm - 7.30pm	<i>NEW CLASS</i> Aerobiking	Jenny	Level 3	Aerobiking Studio
7.00pm - 8.00pm	Step	Karen	All	Studio 1
7.15pm - 8.15pm	Pilates Based Exercise	Patrizia	Level 1-2	Studio 2
7.30pm - 8.30pm	<i>NEW CLASS</i> Water Workout	Wioletta	All	Main Pool
8.00pm - 9.00pm	Bums, Tums & Thighs	Karen	All	Studio 1
<b>Thursday</b>				
9.15am - 10.15am	<i>NEW CLASS</i> Body Conditioning <b>C</b>	Mark	All	Studio 1
10.30am - 11.30am	<i>NEW CLASS</i> Bums, Tums & Thighs <b>C</b>	Carol	All	Studio 1
12.00pm - 1.30pm	Yoga <b>C</b>	Pablo	Level 1-2	Studio 2
6.00pm - 7.00pm	Power Pump	Patrizia	All	Studio 1
6.15pm - 7.00pm	Aerobiking	Doni	All	Aerobiking Studio
6.15pm - 7.15pm	Yoga	Pablo	All	Studio 2
7.00pm - 8.00pm	Bums, Tums & Thighs	Karen	All	Studio 1
7.15pm - 8.15pm	Pilates Based Exercise	Patrizia	Level 3	Studio 2
8.00pm - 9.00pm	Aero Tone	Karen	All	Studio 1
<b>Friday</b>				
10.30am - 11.30am	<i>NEW CLASS</i> Aerobics <b>C</b>	Wioletta	All	Studio 1
12.00pm - 12.45pm	Aerobiking <b>C</b>	Marta	All	Aerobiking Studio
12.00pm - 2.00pm	Club Dance	Trevor	55+ Years	Studio 1
6.15pm - 7.00pm	Aerobiking	Ramune	Level 1-2	Aerobiking Studio
6.30pm - 7.30pm	Power Pump	Patrizia	All	Studio 1
6.30pm - 7.30pm	Water Workout <b>WO</b>	Wioletta	All	Main Pool
7.00pm - 8.30pm	Yoga	Stephen	All	Studio 2
7.15pm - 8.00pm	Aerobiking	Ramune	Level 2-3	Aerobiking Studio
7.30pm - 8.45pm	Boxfit	Joel	Level 2-3	Studio 1
<b>Saturday</b>				
8.00am - 8.45am	Aerobiking <b>C</b>	Sheila	Level 1-2	Aerobiking Studio
8.45am - 9.30am	Aerobiking <b>C</b>	Sheila	Level 2-3	Aerobiking Studio
10.00am - 11.00am	Power Pump <b>C</b>	Donna	All	Studio 1
11.00am - 12.00pm	Cardio Blast <b>C</b>	Donna	Level 2-3	Studio 1
11.30am - 1.00pm	Yoga <b>C</b>	Stephen	All	Studio 2
12.15pm - 1.15pm	Belly Dancing <b>WO</b>	Malika	Level 1	Studio 1
1.15pm - 2.15pm	Belly Dancing <b>WO</b>	Malika	Level 2	Studio 1
2.45pm - 4.15pm	Yoga	Stephen	All	Studio 2
<b>Sunday</b>				
8.00am - 8.45am	Aerobiking	Sheila	Level 1-2	Aerobiking Studio
8.45am - 9.30am	Aerobiking	Sheila	Level 2-3	Aerobiking Studio
10.00am - 11.00am	Cardio Blast	Mark	Level 2-3	Studio 1
11.00am - 12.00pm	Body Conditioning	Mark	All	Studio 1
12.00pm - 1.00pm	<i>NEW CLASS</i> Step	Lucille	All	Studio 1
1.15pm - 2.15pm	Power Pump	Donna	All	Studio 1

## Ferndale Community Sports Centre

Monday	Class	Instructor	Level	Location
10.00am - 12.00am	Club Dance	Gina	55+ Years	Studio
5.00pm - 6.00pm	<i>NEW CLASS</i> Yoga	Leo	All	Studio
7.30pm - 9.00pm	Capoeira	Edielson	All	Studio
<b>Tuesday</b>				
6.30pm - 7.30pm	<i>NEW CLASS</i> Power Pump	Rachid	All	Studio
7.30pm - 8.30pm	<i>NEW CLASS</i> Circuits	Joel	All	Studio
<b>Wednesday</b>				
11.00am - 12.30pm	<i>NEW CLASS</i> Yoga	Leo	All	Studio
<b>Thursday</b>				
11.00am - 12.00pm	<i>NEW CLASS</i> Yoga	Tamara	55+ Years	Studio
8.30pm - 9.30pm	<i>NEW CLASS</i> Yoga	Leo	All	Studio
<b>Friday</b>				
10.00am - 11.00am	<i>NEW CLASS</i> Body Conditioning	Lucille	All	Studio
<b>Saturday</b>				
10.30am - 11.30am	<i>NEW CLASS</i> Bums, Tums & Thighs	Rachid	All	Studio
11.30am - 12.30pm	<i>NEW CLASS</i> Boxfit	Joel	Level 2-3	Studio

## Flaxman Sports Centre

Tuesday	Class	Instructor	Level	Location
7.15pm - 8.45pm	Circuits	Roy	All	Sports Hall
<b>Wednesday</b>				
8.00pm - 9.00pm	<i>NEW CLASS</i> Power Pump	Joel	All	Sports Hall
<b>Thursday</b>				
7.15pm - 8.45pm	Circuits	Roy	All	Sports Hall
<b>Sunday</b>				
12.15pm - 1.45pm	<i>NEW CLASS</i> Body Conditioning	Joel	All	Sports Hall

## Timetable Key

### Group Exercise Levels

Level 1	Beginner - these classes are ideal for anyone who is new to fitness or returning to exercise after a break
Level 2	Intermediate - aimed at customers who are confident at beginner level and want to try a more challenging workout
Level 3	Advanced - these classes are of a higher intensity with more complicated and advanced choreography
C	Creche Available
WO	Women Only

### Group Exercise Descriptions

Aero Tone	A combination of aerobics and body conditioning without the use of a platform
Aerobics	Enjoy high & low impact aerobic moves designed to get your heart pumping in a fun environment
Aerobiking	A class combining indoor cycling, body conditioning and core stability - a complete body workout!
Belly Dancing	A fun and unusual way to exercise, an energetic workout
Body Conditioning	An overall body conditioning class hitting the parts that other classes don't hit...
Boxfit	Using focus pads and gloves to enhance an excellent aerobic workout
Bums, Tums & Thighs	The name says it all!
Capoeira	A Brazilian form of movement
Cardio Blast	High Energy, High Motivation, High Impact
Circuits	No coordination required in this fun action packed multi station group exercise class
Pilates Based Exercise	Exercises to strengthen your core postural muscles and improve body alignment
Power Pump	If you want results fast, look no further. A group exercise class using Bar Bells, and Hand Weights
Club Dance	A class for over 55 year olds, covering a whole range of dances for you to learn and enjoy
Soca Aerobics	Enjoyment and creativity in a dance style aerobic class
Step	A low impact, high intensity class using a step platform for a great workout
Step & Sculpt	Aerobics, Step & Conditioning – this class does what it say's on the tin...a complete body workout
Street Beat	An exciting high-energy hour where you learn choreographed dance routines and moves to the latest sounds
Water Workout	An invigorating workout in the pool that allows you to exercise without excess pressure on the joints
Yoga	A traditional class that combines postures that relax the mind and strengthen the body