

Aquafit
Fun water based workout

Body Combat
Empowering workout!
Get fighting fit
& burn calories

Body Balance
Yoga and Pilates based
stretch, tone and
relaxation

Body Pump
Bar bell resistance
training to lose weight
and gain strength

Body Attack
Athletic aerobic workout.
No frills, no equipment,
no place to hide!

Boxercise
Complete circuit based
workout for both men
and women

Circuits/Boxercise
All-round cardio vascular
and endurance workout

Bodyjam
A 55 minute workout
with funky soundtrack
and hot dance moves.
It's cardio fun, you'll burn
calories and increase
fitness levels

Nifty 50's
Activity Morning
Fun for the over 50's.
Body Balance, Nifty 50's
class, table tennis and
coffee

Primetime
Gentle exercise for the
over 50's.
Friendly and sociable

Sivananda
Yoga
Flowing style for posture
and relaxation.
Improve strength, tone
and flexibility

Fitball
Conditioning
A total body workout
utilising the ball to tone,
strengthen and improve
balance

Legs, Bums
and Tums
Change the shape of
your lower body and
strengthen your core

RPM Cycling Classes
RPM is an indoor
cycling programme for
developing cardiovascular
capacity.

RPM is a favourite
with those wanting to
reduce body fat and
incorporates the best of
biking choreography and
great music. It improves
endurance and increases
lower body strength

*Varying your fitness
routine helps with
motivation and
challenges you.*

*Build stamina, relieve
stress, tone your body
and lose those inches.*



Try a new class!



Fitness Timetable

www.qe-leisure-centre.co.uk



Queen Elizabeth Leisure Centre
Blandford Road, Wimborne, BH21 4DT
Tel: 01202 888208


Monday			
Body Pump	8.15am - 9.15am	Studio 2	Tiffany
Body Combat	9.20am - 10.20am	Studio 2	Louise
RPM 	★ 9.30am - 10.20am	Cycle Studio	Tiffany
Body Pump	★ 10.20am - 11.20am	Studio 2	Louise
Primetime	★ 11.30am - 12.30pm	Studio 2	Tracy
Body Pump Technique	● 6.00pm - 6.15pm	Studio	Louise
Body Pump	6.15pm - 7.15pm	Studio	Louise
Sivananda Yoga (Beginners)	6.00pm - 7.30pm	Studio 2	Hayley
RPM 	★ 7.15pm - 8.05pm	Cycle Studio	Louise
Body Attack Express	7.15pm - 8.00pm	Studio	Hilary
AquaFit	★ 7.45pm - 8.45pm	Pool	Paulette/Sherrie
Tone Express	8.00pm - 8.45pm	Studio	Hilary

Tuesday			
Legs, Bums and Tums	9.00am - 9.45am	Studio 2	Jocelyn
RPM 	★ 9.45am - 10.35am	Cycle Studio	Jocelyn
Nifty 50's Activity Morning	9.45am - 12.15pm	Studio 2	Tiffany
Body Balance	★ 11.15am - 12.15pm	Studio 2	Tiffany
AquaFit	3.15pm - 4.00pm	Pool	Kate
Kids Cardio Beat (8+ years)	4.30pm - 5.30pm	CV Gym	Jocelyn
Body Jam	6.15pm - 7.00pm	Studio	Tiffany
Fitball Conditioning	★ 6.15pm - 7.00pm	Studio 2	Hilary
RPM 	★ 6.15pm - 7.00pm	Cycle Studio	Jocelyn
Body Pump	★ 7.00pm - 8.00pm	Studio 2	Hilary
Body Combat	7.00pm - 8.00pm	Studio	Louise
Body Balance Express	8.00pm - 8.45pm	Studio	Louise

Wednesday			
Body Combat	★ 9.20am - 10.20am	Studio 2	Hilary
RPM 	★ 9.30am - 10.20am	Cycle Studio	Jocelyn
Body Balance	10.20am - 11.20am	Studio 2	Hilary
Kids Cardio Beat (8+ years)	4.30pm - 5.30pm	CV Gym	Jocelyn
Sivananda Yoga (Intermediate)	6.00pm - 7.30pm	Studio 2	Hayley
Body Attack	6.30pm - 7.30pm	Studio	Jocelyn
RPM 	★ 6.30pm - 7.20pm	Cycle Studio	Josh
Body Pump	7.30pm - 8.30pm	Studio	Jocelyn
Sivananda Yoga	7.30pm - 9.00pm	Studio 2	Hayley


Thursday			
Body Attack	★ 9.20am - 10.20am	Studio 2	Jocelyn
RPM 	★ 9.30am - 10.20am	Cycle Studio	Hilary
Body Pump	★ 10.20am - 11.20am	Studio 2	Louise
Primetime	★ 11.30am - 12.30pm	Studio 2	Hilary
Body Combat Technique	● 6.15pm - 6.25pm	Studio	Hilary
Body Combat	6.30pm - 7.30pm	Studio	Hilary
Body Jam	6.30pm - 7.30pm	Studio 2	Tiffany
Circuits/Boxercise	7.30pm - 8.30pm	Studio	Hilary
Body Balance	★ 7.30pm - 8.30pm	Studio 2	Tiffany
Aqua Fit	★ 7.30pm - 8.30pm	Pool	Kate

Friday			
RPM 	★ 9.30am - 10.15am	Cycle Studio	Jocelyn
Body Combat Express	9.15am - 10.00am	Studio 2	Louise
Body Balance	10.00am - 11.00am	Studio 2	Louise
Pilates (not included in membership)	1.30pm - 2.30pm	Studio 2	Becki
Body Pump	5.45pm - 6.45pm	Studio	Tiffany

Saturday			
RPM 	★ 9.30am - 10.15am	Cycle Studio	Louise
Body Attack Express	9.30am - 10.15am	Studio	Jocelyn/Tiffany
Body Pump	10.15am - 11.15am	Studio	Jocelyn/Tiffany

Minimum age for adult classes is 14 years (age 16 years for Body Pump)

All of these classes are included in a **Body Sense** Membership, available as interest free DD monthly payments

- ★ Need to book in advance
- Essential introduction of basic moves for participants new to Pump/Combat. First Monday & Thursday of each month
-  RPM Studio Cycling Classes

DURING BUSY PERIODS ALL CLASSES MAY BE SUBJECT TO ADVANCE BOOKING

VIBROFIT			
Monday	★	6.00pm - 6.30pm	Hilary
Monday	★	6.30pm - 7.00pm	Hilary
Tuesday	★	5.30pm - 6.00pm	Hilary
Thursday	★	10.30am - 11.00am	Hilary

Body Sense
VIBROGYM MEMBERSHIP
Available as interest free DD monthly payments