

BodyBeats Fitness Classes



BRACKNELL
LEISURE CENTRE

- HardCore 30
- Zumba
- BodyBalance™
- BodyJam™
- BodyPump™
- BodyCombat™
- RPM™
- Aeroblast
- Mum-a-baby Fitness
- Best of Three
- Body Conditioning
- Hips, Bums & Tums
- Circuits
- Pilates and Yoga



Fitness Philosophy

We believe fitness is for everyone, and that everyone is entitled to make their workout as hard or as easy as they wish. Our expert group fitness instructors will help you to regulate your workout to suit you.

Group Fitness should be FUN fitness!

BRACKNELL FOREST

Be

LEISURE

BODYBEATS CLASSES : WEEK AT A GLANCE

Time	Day/Course	Room	Key	Member	N/member
Monday					
09.30-10.25	RPM	BBS		£4.40	£6.30
09.30-10.25	Body Conditioning	BBS		£3.20	£5.10
10.30-11.25	BodyPump	BBS		£4.40	£6.30
12.55-13.50	BodyPump	BBS		£4.40	£6.30
18.00-18.55	BodyCombat	BBS		£4.90	£6.80
18.00-18.55	BodyJam	MPR		£4.90	£6.80
19.00-19.55	Hips, Bums & Tums	BBS		£4.05	£5.95
19.05-19.55	RPM	BBS		£4.90	£6.80
19.30-20.30	Circuits	3M		£4.05	£5.95
20.00-20.55	BodyPump	BBS		£4.90	£6.80
21.00-21.55	BodyBalance	BBS		£4.90	£6.80
Tuesday					
07.00-07.55	RPM	BBS		£4.90	£6.80
09.30-10.25	Body Conditioning	BBS		£3.20	£5.10
10.30-11.25	BodyBalance	BBS	T	£4.40	£6.30
13.10-14.05	RPM	BBS		£4.40	£6.30
13.10-14.05	BodyCombat	BBS		£4.40	£6.30
14.15-14.45	Hardcore 30	BBS		£2.60	£4.50
18.00-18.55	BodyCombat	MPR		£4.90	£6.80
18.00-18.55	Body Conditioning	BBS		£4.05	£5.95
19.00-19.55	BodyPump	BBS		£4.90	£6.80
19.05-20.00	RPM	BBS		£4.90	£6.80
20.00-20.55	Hips, Bums & Tums	BBS		£4.05	£5.95
20.00-21.30	Yoga (Hatha)	CR	*	£5.60	£7.50
Wednesday					
09.30-10.25	Aeroblast	BBS		£3.20	£5.10
10.30-11.25	BodyJam	BBS	T	£4.40	£6.30
13.10-14.05	BodyPump	BBS		£4.40	£6.30
14.00-14.45	Mum-a-baby Fitness	BBS	T	£3.80	£5.70
18.00-18.55	BodyCombat	BBS		£4.90	£6.80
18.00-18.55	BodyBalance	MPR		£4.90	£6.80
18.00-18.55	RPM	BBS		£4.90	£6.80
18.30-20.00	Power Yoga	CR	*	£5.60	£7.50
19.00-19.55	BodyPump	BBS		£4.90	£6.80
19.00-19.55	Aeroblast	MPR		£4.05	£5.95
20.00-20.55	RPM	BBS		£4.90	£6.80
20.00-20.30	HardCore 30	BBS		£4.05	£5.95

Time	Day/Course	Room	Key	Member	N/member
Thursday					
09.30-10.25	Hips, Bums & Tums	BBS		£3.20	£5.10
09.30-10.25	RPM	BBS		£4.40	£6.30
10.30-11.25	BodyBalance	BBS		£4.40	£6.30
13.00-13.55	Zumba	BBS		£3.20	£5.10
14.05-14.35	HardCore 30	BBS		£2.60	£4.50
18.00-18.55	BodyPump	BBS		£4.90	£6.80
18.00-18.55	BodyJam	MPR		£4.90	£6.80
18.15-19.30	Pilates Improver	BBS	*	£6.50	£8.40
19.00-19.55	BodyCombat	BBS		£4.90	£6.80
19.00-19.55	BodyBalance	MPR		£4.90	£6.80
19.05-20.00	RPM	BBS		£4.90	£6.80
19.30-20.30	Circuits	3M		£4.05	£5.95
20.00-20.55	Hips, Bums & Tums	BBS		£4.05	£5.95
Friday					
09.30-10.25	Best of Three	BBS		£3.20	£5.10
10.40-11.35	BodyCombat	BBS	T	£4.40	£6.30
13.10-14.05	BodyPump	BBS		£4.40	£6.30
17.55-18.10	BodyPump Technique	BBS		FREE	FREE
18.15-19.10	BodyPump	BBS		£4.90	£6.80
19.15-20.10	RPM	BBS		£4.90	£6.80
Saturday					
08.30-09.25	RPM	BBS		£4.90	£6.80
09.00-10.30	Power Yoga	CR	*	£5.60	£7.50
09.30-10.25	BodyJam	BBS		£4.90	£6.80
10.30-11.25	BodyPump	BBS		£4.90	£6.80
17.00-17.55	BodyBalance	BBS		£4.90	£6.80
Sunday					
09.00-09.55	BodyPump	BBS		£4.90	£6.80
10.00-10.55	BodyCombat	BBS		£4.90	£6.80
10.00-10.55	RPM	BBS		£4.90	£6.80
11.00-11.55	BodyBalance	BBS		£4.90	£6.80

Customers booking and paying online must bring their e+ card and booking confirmation to the class.

3M : 3M Hall BBS : BodyBeats Studio CR : Crèche MPR : Multi-Purpose Room
T : Term Time Only * : Platinum Package holders pay at a reduced rate (£2.50 Yoga) (£2.50 Pilates)

BODYBEATS BY CLASS DESCRIPTION

BODYBALANCE. A dynamic yoga-based stretch and strengthening programme to leave you feeling relaxed and renewed.

Monday	21.00-21.55	Thursday	10.30-11.25
Tuesday (T)	10.30-11.25	Thursday	19.00-19.55
Wednesday	18.00-18.55	Saturday	17.00-17.55
		Sunday	11.00-11.55

BODY COMBAT. Non-contact martial arts-based programme developed from Karate, Kick Boxing, Tai Chi and Tae Kwondo.

Monday	18.00-18.55	Thursday	19.00-19.55
Tuesday	13.10-14.05	Friday (T)	10.40-11.35
Tuesday	18.00-18.55	Sunday	10.00-10.55
Wednesday	18.00-18.55		

BODYJAM. A melting pot of hip hop, funk, Latin disco, and Broadway. BodyJam builds coordination and cardio fitness.

Monday	18.00-18.55	Thursday	18.00-18.55
Wednesday	10.30-11.25	Saturday	09.30-10.25

BODYPUMP. Free weight exercises to music with a combination of controlled, easy-to-follow moves that have an almost immediate effect on your shape & strength. Ensure you have taken the 15min technique session before doing a full class.

Monday	10.30-11.25	Friday	13.10-14.05
Monday	12.55-13.50	Friday	17.55-18.10 (Technique)
Monday	20.00-20.55	Friday	18.15-19.10
Tuesday	19.00-19.55	Saturday	10.30-11.25
Wednesday	13.10-14.05	Sunday	09.00-09.55
Wednesday	19.00-19.55		
Thursday	18.00-18.55		

RPM. An indoor cycling programme for developing cardiovascular capacity and improving general endurance and lower body strength. Held in our cycle studio.

Monday	09.30-10.25	Wednesday	20.00-20.55
Monday	19.05-19.55	Thursday	09.30-10.25
Tuesday	07.00-07.55	Thursday	19.05-20.00
Tuesday	13.10-14.05	Friday	19.15-20.10
Tuesday	19.05-19.55	Saturday	08.30-09.25
Wednesday	18.00-18.55	Sunday	10.00-10.55

AEROBLAST. A highly energetic class that uses simple but powerful aerobic moves to build strength and stamina.

Wednesday	9.30-10.25
Wednesday	19.00-19.55

HARDCORE 30. A 30 minute workout focussing on toning core muscles

Tuesday	14.15-14.45
Wednesday	20.00-20.30
Thursday	14.05-14.35

T : Term Time Only

MUM-A-BABY FITNESS. Get back into shape after giving birth with this 45 minute cardio-tone class. Mums do exercises using their baby as extra weight! Classes are suitable for mums with babies from 6 weeks to 12 months (if you had a caesarean, you can start at 10 weeks post op).

Wednesday (T) 14.00-14.45	Member	N/member
Short course DAMAB1 18/04/12 - 30/05/12 (7 weeks)	£26.25	£38.15
Short course DAMAB2 13/06/12 - 18/07/12 (6 weeks)	£22.80	£33.90

BEST OF THREE. An easy to follow cardio workout leading onto a step and tone combination making this a full body workout and leaving you feeling refreshed & energised.

Friday 09.30-10.25

BODY CONDITIONING. Overall toning and shaping with a focus on legs, abdominals and buttocks to improve strength and tone of those muscle groups. Using a light resistance you will come away with a strong sense of health and wellbeing.

Monday 09.30-10.25	Tuesday 18.00-18.55
Tuesday 09.30-10.25	

HIPS, BUMS & TUMS. Aerobic routines and toning exercises for Hips, Bums and Tums.

Monday 19.00-19.55	Thursday 09.30-10.25
Tuesday 20.00-20.55	Thursday 20.00-20.55

PILATES*. Pilates sculpts a strong streamlined, flexible and balanced body with the emphasis on core-conditioning and breathing.

Thursday (Imp) 18.15-19.30

See our courses brochure for Beginner & Improvers courses

YOGA*. Hatha Yoga = A combination of physical movement, breathing and concentration to promote suppleness and flexibility of joints. Power Yoga also focuses on the journey between the postures.

Tuesday 20.00-21.30	Hatha Yoga
Wednesday 18.30-20.00	Power Yoga
Saturday 09.00-10.30	Power Yoga

CIRCUITS. To improve fitness, strength and stamina. A non-stop class, full of fun & energy.

Monday 19.30-20.30	Thursday 19.30-20.30
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ZUMBA. The Latin-inspired, easy to follow, calorie burning, dance fitness-party. Feel the music and let loose!

Thursday 13.00- 13.55

For information about exercise during pregnancy, please visit www.nhs.uk/livewell/pregnancy or visit your GP

T : Term Time Only * : Platinum Package holders pay at a reduced rate (£2.50 Yoga) (£2.50 Pilates)

PAY AS YOU GO : SPORTS

Day	Time	Key	Member	N/member
BADMINTON#.				
Tuesday (Any Std)	10.00-11.00		£4.35	£6.25
Tuesday (Any Std)	11.00-12noon		£4.35	£6.25
Thursday (Any Std)	10.00-11.00		£4.35	£6.25
Thursday (Any Std)	11.00-12noon		£4.35	£6.25
		2hr:	£4.95	2hr:£6.85

LADIES MULTI-SPORT#. Warm up/stretch then different team games each week including Basketball, Netball, Hockey, Badminton, Volleyball and Squash. Equipment provided.

Monday (T)	10.00-12noon	Main Hall	£4.20	£6.10
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The above activities are subject to exclusion dates due to bank holidays and other events taking place within the centre. The instructor will give prior notice. Otherwise please check with reception.



: Platinum Package holders pay Member rates

PAY AS YOU GO : WETSIDe ACTIVITIES

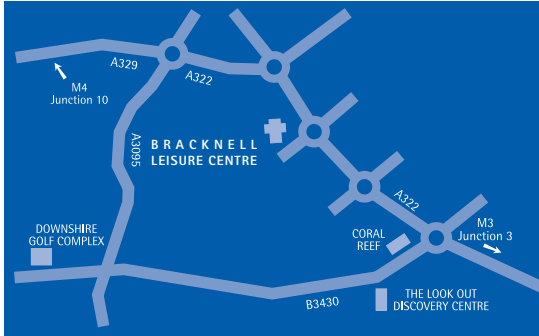


Day	Time	Key	Member	N/member
ADULT L'EAU ROBICS. (Tickets sold 15mins before session) Exercise to music in water. Activity Level 3-6.				
DAYTIME (Term Time Only)				
	Monday	10.45-11.30	£4.55	£6.45
	Wednesday	10.35-11.20	£4.55	£6.45
EVENING (Runs through the year excluding Bank Holidays).				
	Monday	21.00-21.45	£4.65	£6.55

DEEP WATER ADULT L'EAU ROBICS. Must be competent swimmer in the competition pool. Activity Level 3-6.				
DAYTIME. (Term Time Only) First session 04/05/12 with last session 20/07/12.				
	Friday	9.30-10.15	£4.55	£6.45

T : Term Time Only TP : Training Pool CP : Competition Pool

HOW TO FIND US



This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre. Tel: 01344 454203 or Minicom 01344 352405.

Programme information

Inform your instructor of any recent or current illnesses/injuries and medical conditions which may affect your workout.

Customers are advised to seek medical advice if in doubt about their suitability for any of the classes. Please arrive on time for your class to ensure a safe warm-up as customers will not be permitted to enter a class 5 mins after start time. Please arrive early to collect your ticket.

Remember to wear loose, comfortable clothing that allows you to move freely, supported by the correct footwear.

To replace lost fluids we recommend you bring a water bottle for use during the class as well take refreshment after exercising.

Basic mats are provided but feel welcome to bring your own exercise mat or yoga/pilates mat.

Evening classes will run all year. Daytime classes may run during School Term Time only - as indicated by a (T) in the brochure.

Use of facilities

We reserve the right to alter session times, move activities and change or cancel without prior notice.

Bookings

Members may book classes up to 15 days in advance quoting their member number. Non-members 10 days in advance

Customers are required to pay for classes at the time of booking unless you have registered your details as either a member or e+ Card holder (non-member). Registered customers have the option to pay on the day of booking.

Classes are bookable by telephone (from 9.00am), in person or online.

Customers booking and paying online must bring their e+ card and booking information to class.

Cancellations

For Members and Non-Members:

More than 24 hours before = no charge

Less than 24 hours before = full charge

Non-attendance = full charge payable on next visit

Arrears - the right of customers to book classes may be withheld if the account is in arrears.

Platinum members must cancel any bookings they are unable to attend. This gives other customers the chance to have the space.

To cancel any bookings made, please contact Main Reception on (01344) 454203.

Bracknell Leisure Centre

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The Government Standard

