

KEY TO TYPES OF EXERCISE CLASSES

Aerobic	
Body Combat	A fiercely energetic cardiovascular workout designed to work your heart and lungs. This class will burn calories whilst improving your co-ordination, agility and core strength and stability.
Body Jam	The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Fun! Instructors teach you to move with attitude through the 55-minute class. So grab a friend, get front and centre and get high on the feeling of dance.
Body Pump	The ultimate endurance weight training workout designed to burn body fat and work every major muscle group. This is a resistance class using barbells suitable for both males and females.
Chair Aerobics	A seated exercise session working on full body movement, improving joint, balance and coordination with little or no stress on the body targeting all major muscle groups.
Keep Fit	Get your heart and lungs working in this choreographed class using aerobic and dance moves. High or low impact? You choose from the options given making the session suitable for all levels and abilities.
Salsa	Work those hips in this salsa aerobic workout. Combines dance with easy to follow fun moves.
Step Aerobics	Trim and tone your lower body with this traditional class. A choreographed routine on a step platform. Great for increasing your fitness and promoting weight loss.
Aqua	
Aqua Aerobics	The ultimate low impact, total body workout. A refreshing form of exercise only water can provide. Ideal for any age and excellent if you are new to exercise.
Aqua Jog	A half hour exercise session, designed as a gateway for customers with a range of conditions such as Osteoporosis, Arthritis or joint problems. A great way for customers who are wanting to become more active.
Swim Fit	For adults wishing to swim lengths so they can improve their stroke techniques and stamina, under the guidance of a fully qualified instructor.

Indoor Cycling	
Indoor Cycling	A team cycling experience. An extremely motivating yet easy to follow class, which effectively burns fat. Appropriate for all levels of fitness from complete beginner to experienced cyclists.
Mind & Body	
Body Balance	The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to create a holistic workout that brings the body into a state of harmony and balance.
Healthy Lifestyles	Come and join our fun weight loss sessions, using various activities. Weight recorded each week with healthy eating advice from a fully qualified instructor.
Pilates	Improve posture, strength, flexibility and boost energy leaving your body and mind in balance.
Yoga	Balance your mind, improve your posture, flexibility and strengthen your body.
Toning	
Legs, Bums & Tums	Sculpt, tone and tighten those problem areas with exercises to increase muscular strength, endurance and tone. Suitable for all ages and abilities.
Stability Ball	A unique class to develop core strength. Using the stability ball exercises are performed to strengthen and shape your torso, this will improve your posture and increase general well-being.
OPENING TIMES	
Monday - Thursday	7.00am - 10.00pm
Friday	7.00am - 9.00pm
Saturday	9.00am - 6.00pm
Sunday	9.00am - 9.00pm
BOOKINGS	
These can be made by telephone up to 7 days in advance, payment within 24 hours of booking.	

East Riding of Yorkshire Council will, on request, provide this document in braille or large print.
If English is not your first language and you would like a translation of this document, please telephone 01482 393939

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Hornsea Leisure Centre Exercise Class Programme



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OF YORKSHIRE COUNCIL