

# Class Descriptions

**Spin** - Our spin classes offer energizing, cycling-inspired group exercise training with expert coaching and exhilarating music. It is truly a fantastic cardiovascular class.

**RPM** - is an indoor cycling class, set to the rhythm of motivating music. Learn the basic cycling moves and control your own resistance levels and sprint speed so you can build up your training level over time.

**BodyJam™** - The cardio workout which is 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. Each new class will be a different dance experience depending on what's current and hot.

**BodyBalance™** - This is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling calm and centered.

**BodyAttack™** - This high energy interval class combines athletic aerobic movements with strength exercises which will improve general endurance and burn a lot of calories.

**BodyPump™** - The original barbell class that will sculpt and strengthen your whole body.

**BodyCombat™** - An energetic class inspired by Martial arts to give a high cardio workout.

**Kettlebells** - You will work multiple muscle groups developing strength and endurance. This is a total body workout challenging your entire body.

**Legs Bums and Tums (LBT)** - Concentrate on those three key areas of your body using exercises that tones, sculpts and burns calories. So if you want great-looking legs, a firmer bum and a tighter tum aim to attend this class two to three times a week.

**Clubbercise** - Clubbercise® is an easy-to-follow dance workout using flashing glow sticks set to a soundtrack of uplifting club anthems from 90's classics to the latest chart hits

**Step and Tone** - A full body workout using a step and weights to strengthen and tone the whole body and increase your fitness level.

**Kettlercise** - A stimulating, invigorating, safe and easy-to-follow, kettlebell inspired, calorie blitzing, fat blasting program and people everywhere are loving the lightening quick results!

Book classes online at  
[ramsgateleisurecentre.co.uk](http://ramsgateleisurecentre.co.uk)  
or on the phone 01843 585111

Ramsgate Leisure Centre  
High Street, Ramsgate, Kent, CT11 9TT

**Dancefit** - This class is a great combination of dance and aerobics. It's simple, easy to follow and calorie burning. Dancefit is set to great music that'll make it hard not to dance and have fun!

**20 20 20** - A simple yet effective class focusing on 20 minute blocks of cardio and toning using weights and/or other equipment.

**AquaFit** - An aerobic workout in the pool to challenge your cardiovascular system and build muscle tone to improve overall fitness.

**Pilates** - A slower paced body conditioning and technique focused class used to develop and maintain a strong, balanced body.

**Yoga** - Creates wellbeing and calm by using simple breathing techniques. Reduce stress and tension in this class alongside improving muscle tone and flexibility.

**LiveBetter Aqua** - A water based exercise classes specifically designed for people with joint and mobility problems, and for those who require a lower intensity. There are opportunities for progression within the class.

**LiveBetter Circuit** - A circuit based class aimed at our aged 50+ customers and anyone who requires additional assistance. The class layout varies from week to week and intensity can be progressed.

**Active for Life** - A circuit based class which provides safe and supported physical activity for people with different fitness levels, physical abilities and medical conditions. This class is also a Phase 4 Cardiac prevention and rehab class.

**No Excuses** - A no nonsense fitness class using functional training exercises to increase fitness levels and build strength. This is a high calorie burning workout ideal for all fitness levels and abilities. Using equipment and your own bodyweight you will work on a variety of exercises focusing on technique and correct form.

**HIIT** - Short, timed bursts of high intensity exercises with recovery periods.

**StepHIIT** - A high intensity interval training class using the Step.

**Tai Chi** - A moving form of Yoga, breathing and meditation combined.

*Virtual classes are perfect for beginners or for those who fancy trying something new. Instead of an instructor, you'll workout to pumping sound and hi-def Les Mills video projected on a big screen and get motivation from some of the hottest instructors on the planet. It's immersive and you'll lose yourself in the experience.*



## Your Group Fitness Timetable Ramsgate Leisure Centre January 2020

Includes  
Virtual Class  
Timetable

working in  
partnership  
with  
DOVER  
DISTRICT  
COUNCIL  
thanet  
DISTRICT  
COUNCIL

[ramsgateleisurecentre.co.uk](http://ramsgateleisurecentre.co.uk)

**YOUR**  
leisure  
Enjoy Life - Have Fun!

# Ramsgate Group Exercise Timetable

01843 585111  
ramsgateleisurecentre.co.uk

## MONDAY

### Group-Ex Studio

- 09:30-10:25 BodyPUMP
- 10:30-11:25 Dancefit
- 11:30-12:25 BodyBALANCE
- 17:30-18:25 BodyATTACK
- 18:30-19:25 BodyPUMP
- 19:30-20:25 BodyCOMBAT

### Spinning Studio

- 06:45-07:30 RPM
- 09:30-10:15 Spin
- 10:30-11:25 Spin & Abs
- 17:30-18:15 RPM
- 18:30-19:15 RPM
- 19:30-20:15 RPM

### Sports Hall

- 09:30-10:30 LiveBetter Circuit

### Swimming Pool

- 10:15-11:10 Aquaft
- 11:15-12:00 Live Better Aqua

### Virtual - Group-Ex Studio

- 06:30-07:00 BodyCOMBAT
- 07:00-07:30 BodyPUMP

## TUESDAY

### Group-Ex Studio

- 07:00-07:30 HIIT
- 08:15-09:15 Yoga
- 09:30-10:25 BodyPUMP
- 10:30-11:15 BodyJAM
- 11:15-12:00 BodyBALANCE
- 14:00-15:00 Tai Chi
- 17:30-18:25 Step&Tone
- 18:30-19:25 BodyPUMP
- 19:30-20:25 Dancefit
- 20:30-21:25 LBT

### Spinning Studio

- 16:30-17:15 Teen Cycle
- 17:30-18:15 Spin
- 18:30-19:15 RPM
- 19:30-20:15 RPM

### Sports Hall

- 13:15-14:15 Active For Life

### Swimming Pool

- 11:45-12:30 LiveBetter Aqua

### Virtual - Group-Ex Studio

- 07:30-08:00 CXWORX
- 12:15-12:45 BodyCOMBAT
- 15:00-15:55 BodyBALANCE
- 16:00-16:55 BODYPUMP

## WEDNESDAY

### Group-Ex Studio

- 06:45-07:30 Kettlebells
- 09:30-10:25 20-20-20
- 10:30-11:25 BodyCOMBAT
- 11:30-12:25 Yoga
- 17:30-18:25 BodyPUMP
- 18:30-19:15 STEPHIIT
- 19:45-20:30 Dancefit
- 20:30-21:25 BodyBALANCE

### Spinning Studio

- 17:30-18:15 RPM
- 18:30-19:15 RPM

### Swimming Pool

- 20:15-21:00 Aquaft

### Virtual - Group-Ex Studio

- 07:30-08:15 BodyCOMBAT
- 08:20-09:05 BodyPUMP
- 09:10-09:40 CXWORX
- 12:45-13:15 BodyPUMP
- 13:20-13:50 CXWORX

## THURSDAY

### Group-Ex Studio

- 08:30-09:25 Pilates
- 09:30-10:25 LBT
- 10:30-11:25 BodyBALANCE
- 17:30-18:25 BodyPUMP
- 18:30-19:25 BodyBALANCE
- 19:30-20:25 BodyCOMBAT
- 20:30-21:25 Clubbercise

### Spinning Studio

- 06:45-07:30 RPM
- 10:30-11:15 Spin
- 17:30-18:15 RPM
- 18:30-19:15 RPM

### Sports Hall

- 11:30-12:30 Active For Life
- 16:30-17:15 Teen No Excuses
- 18:30-19:30 No Excuses

### Swimming Pool

- 11:45-12:30 Live Better Aqua

### Virtual - Group-Ex Studio

- 06:45-07:30 BodyPUMP
- 07:30-08:00 CXWORX
- 12:45-13:30 SH'BAM
- 15:00-15:45 BodyCOMBAT
- 16:00-16:30 CXWORX
- 16:45-17:15 BodyCOMBAT

## FRIDAY

### Group-Ex Studio

- 07:00-07:30 Kettlecise
- 08:30-09:25 Yoga
- 09:30-10:25 Step & Tone
- 10:30-11:15 BodyPUMP
- 11:15-12:00 BodyBALANCE
- 17:30-18:25 BodyPUMP
- 18:30-19:15 Kettlebells

### Spinning Studio

- 09:30-10:15 RPM
- 17:30-18:15 RPM

### Sports Hall

- 09:30-10:30 LiveBetter Circuit
- 11:00-12:00 Active For Life

### Swimming Pool

- 11:45-12:30 LiveBetter Aqua

### Virtual - Group-Ex Studio

- 07:30-08:00 CXWORX
- 13:15-14:00 BodyCOMBAT
- 19:20-20:05 BodyBALANCE

## SATURDAY

### Group-Ex Studio

- 09:00-09:55 BodyATTACK
- 10:00-10:55 BodyPUMP
- 11:00-11:55 BodyBALANCE

### Spinning Studio

- 08:45-09:30 Spin

## SUNDAY

### Group-Ex Studio

- 08:30-09:25 BodyPUMP
- 09:30-10:25 LBT
- 10:30-11:15 Kettlecise

### Spinning Studio

- 09:30-10:15 RPM

### Virtual - Group-Ex Studio Saturday

- 07:15-08:00 BodyPUMP
- 08:00-08:30 CXWORX

### Virtual - Group-Ex Studio Sunday

- 07:15-08:00 BodyCOMBAT

### Class Type Colour Code:

#### Live Better

Suitable for anyone over 50 or returning from injury focusing on improving strength, fitness and flexibility.

#### Strength

These classes are designed to make you stronger, using weights, other equipment or just your own bodyweight to increase your metabolism.

#### Cardio

These classes are cardio based, designed to increase fitness levels.

#### Mind and Body

Unwind with a relaxing mind and body class. These classes are slower in pace and will help to strengthen and stretch your body.

#### Cardio & Strength

Containing a mixture of Cardio and Strength for added variety.

### Studio Etiquette:

Booking your class in advance is strongly advised. Members can book online 8 days in advance or 7 days in advance by telephone or in reception.

We advise you to book in for your class at reception at least 10 minutes before the class starts. Late arrivals will not be permitted.

You must book in prior to attending class a receipt will be issued to you which you must give to your instructor on entry to the class.

If you need to cancel a space in a pre-booked class please inform us by telephone or email at least 3 hours before the class starts.

People who repeatedly fail to attend the classes that they have pre booked will have their booking privileges removed and could incur a fine.

Non-members need to pay at the time of booking and this is non-refundable.

We reserve the right to change class styles and instructors as required.

You must check with your doctor before you commence a new exercise regime. If you have any injuries or medical conditions or are pregnant please inform your instructor before starting the class.

Please ensure you wear the appropriate clothing and footwear and drink plenty of fluids to stay hydrated.

Do not enter the studio until the instructor is present.

Do not reserve spaces or equipment for others in our spin or aerobics studio.

Everybody reserves the right to choose their own space/bike if available, we will remove belongings from our equipment if we believe this is the case.

Mobile phones must be placed on silent or turned off throughout the class.

No bags are allowed in the studios, they must be stored in a locker.

To attend a class you must be aged 14 or over unless the class contains the usage of weights for which you need to be aged 16 or over.