

TOTAL BODY WORKOUT

A strength and conditioning exercise class for the perfect way to tone your muscles and sculpt the body you aspire to. This class consists of an active workout that combines aerobic and free weights conditioning. Designed to energise and condition the whole body. Suitable for all ages and abilities.

CALORIE BLAST

This core stability class is the latest exercise, using innovative equipment to help you change your posture and strength. Class consists of a low impact aerobic warm up followed by free weights and conditioning fitness programme on the stability ball. Be Fit - Look Fit.

BODY BLITZ (HI/LO STEP)

A 60 minute workout combining Hi-Lo step movements incorporating basic & advanced step moves, to tone & strengthen in all the important places

FUSION STRETCH

This class provides a gateway into the popular area of mind and body fitness. Invigorating yoga, Pilates and dance elements it takes you through a series of flowing sequences whilst remaining relaxed and stress free.

HATHA YOGA

Through special techniques learn how to relax the body & mind and release muscle tension.

ENABLING WATER EXERCISE

Water workout that could help people suffering with arthritis, injury, stroke, weight problems, preparation & rehabilitation for hip or knee surgery. Consultation essential.

POWER YOGA

This is a combination of postures linked together to make a sequence, which will strengthen the body along with Hatha Yoga postures to calm the body and mind.

BOOT CAMP

A fun & motivational circuit class designed specifically for GP referred clients, or anyone who is out of condition and wants to get back into shape.

CIRCUIT TRAINING

Great workout for Men & Women alike! A rotation of various exercises concentrating on toning all major muscle groups and dramatically improve stamina and fitness levels.

BODY BALL BLAST

Dramatically re-shape your body with stability ball. Flatten abs and strengthen your core. Lift and firm your bum, tone arms and legs. Fast track your way to a stronger sexier you.

PURE STEP/STEP & BURN

A hi energy class that combines fat burning, LBT (legs, bums & tums) toning, power, agility & coordination. Come & burn your excess fat creatively!

LEGS, BUMS AND TUMS

A class specifically designed to shape those infamous areas. Ideal for people just starting out and the more experienced participant.

PUSH & LIFT, BURN & FIRM

A class designed to burn fat, no complicated routines, just simple to follow toning moves using light weights, followed by Push and Lift, a group strength training workout utilizing plates & bars, designed to shape and tone your body.

ABS, BALL & BUTT

A cutting edge programme on the stability ball calculated to totally re-define abs and butt. Get the body you desire!

SKIP, RIP & IRON ABS

This explosive workout will obliterate fat & cellulite fast, accelerate your metabolism, and burn calories in record time, as you take your fitness body & heart to another level.

Skip the weight away with the rope; strip the flab off with the bar; flat pack your abs into a sexy 6.

SALSASIZE

An easy to learn dance class to suit all fitness levels and ability that promises to be challenging and fun, and which will leave you feeling fit, sexy and inspired!

PUMP IT TO THE MAX

A fun class designed to burn fat fast and help tone the major muscle groups. The class uses great music to help motivate you as you work your way through all your muscle groups using Bar Bells & Dumbbells.

KICK BOXERCISE/ BOX-IT

Fun and energising workout, combining kicking and punching moves for all over body conditioning

PILATES

Working the muscles from the inside out. Restoring muscle balance and posture. Flatter stomach, long lean muscles - great stress relief. £7 a class. Seven week terms. For more information call Claire on 07798670975.

Lifestyle
HEALTH & FITNESS SUITE

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HEALTH & FITNESS SUITE

STUDIO
~TIMETABLE~

Our Studio features a beech sprung floor, mirrored walls, full air conditioning and a pumping sound system! We offer a wide range of aerobics from Boxercise to Yoga, there is something for everyone.

FIT
FOR LIFE



Lifestyle
HEALTH & FITNESS SUITE

www.rivieracentre.co.uk

01803 206 345

The Riviera International Centre
Chestnut Avenue, Torquay, TQ2 5LZ.

Lifestyle STUDIO TIMETABLE

HEALTH & FITNESS SUITE (last updated 4/02/10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 To 10:00		Abs, Ball & Butt Anna 9:15-10:15	Skip, Rip & Iron Abs* Anna 9:30 – 10:30	Calorie blast Danielle 9:30 – 10:30		SATURDAY Box- It* Emma 9:00-10:00
10:00 To 11:00	Total Body Workout Danielle 10:00-11:00	Pilates Course # Book direct with Claire 07798670975 10:30-11.30			Body Blitz (Hi/Lo Step)* Sue 10:00-11:00	SATURDAY Step and Burn* Emma 10:15-11:15
11:00 To 12:00	Hatha Yoga Beginners* Jess 11:15-12:15		Power Yoga Jacquie 11.30-12.45	Pilates Course # Book direct with Claire 07798670975	Boot Camp Darren 11:00-12:00	SUNDAY Pump it to the Max Wayne 9.45-10.45
						SUNDAY Taekwondo # 11:00 – 12:00
13:00 To 14:00		Hatha Yoga* Jess 12:30-13:30				
14:00 To 15:00	50+ Exercise Jenny 14:00-15:00	50+ Keep Fit Jenny 14:00-15:00	50+ & Enabling Water Exercise Sue 14:00-14:45	50+ Exercise Maggi 14:00-15:00		
15:00 To 16:00	Re-energise PCT Mark southwold 15:30-16:30					
	Little Pumas# 17:00-18:00	KeiBudo Karate# 17:00 – 18:00		KeiBudo Karate# 17:00 – 18:00		
18:00 To 19:00	Legs, Bums and Tums Emma 18:00 – 19:00	Push and Lift, Burn and Firm Sue 18:00 – 19:00	Body Ball Blast Anna 18:00 – 19:00	Simply Step and Tone Sue 18:00 – 19:00	Fusion Stretch Anna 18:00 – 19:00	
19:00 To 20:00	Total Body Workout Danielle 19:00 – 20:00	Pure Step Sue 19:00 – 20:00	Boxercise Plus Emma 19:00 – 20:00	Circuit Training Daz 19:15 – 20:15	Salsasize Teresa 19:00 – 20:00	
		KeiBudo Karate# 20:15 – 21:15		KeiBudo Karate# 20:15 – 21:15		

**Please note that during School Holidays 50+ Aqua times may change. # Private studio hire.
Times and availability are subject to change. Please check with Lifestyle Reception. Bank holidays may affect classes.

PRICES

One Hour Classes

£4.00 Non Member
£3.20 Lifestyle Member

Aqua Aerobics

£4.00 Non Member
£3.20 Lifestyle Member

*Combi Session (two morning classes back to back)

£6.10 Non Member
£4.90 Lifestyle Members .

50+ Classes

£4.00 Non Member
£3.00 Lifestyle Member

Boot Camp/Re-energise £2.50

For an extra £2.50
Enjoy a Sauna, Steam Room and Jacuzzi.
Morning classes include a FREE SWIM
With every session.

WHY NOT BECOME AN AEROBIC MEMBER?

1 Year £370.00

6 Month £220.00

3 Month £115.00

1 Month £50.00

Includes free parking & unlimited aerobic passes

(Note: only classes in white boxes are included)

PAY BY DIRECT DEBIT

AT ONLY £34 PER MONTH

(Direct Debit contracts for 12 months subject to management approval. No refunds are permitted.)