

GROUP FITNESS CLASSES

Inspire: Luton Sports Village		
Butterfield Green Road, Luton LU2 8DD		
Tel: 01582 393230		
Monday		
09:30 – 10:15	Studio Cycle	♥♥♥
09:30 – 10:25	Zumba® Step	♥♥♥
10:00 – 11:00	Thighs, Hips, Bums & Tums	♥♥♥
10:30 – 11:30	Zumba®	♥♥♥
12:15 – 13:15	Aqua Fit (FOL)	♥♥
14:00 – 16:00	Line Dancing (FOL)	♥♥
17:45 – 18:45	BODYPUMP™	♥♥♥
18:00 – 18:45	Studio Cycle	♥♥♥
18:15 – 19:15	Pilates	♥♥
18:55 – 19:25	Total Abs	♥♥
19:00 – 19:45	Studio Cycle	♥♥♥
19:00 – 19:45	Aqua Fit	♥♥
19:15 – 20:15	Pilates	♥♥
19:00 – 20:00	BODYCOMBAT™	♥♥♥
19:30 – 20:30	Box & Tone	♥♥♥
20:00 – 20:45	Studio Cycle	♥♥♥
20:30 – 21:15	Thighs, Hips, Bums & Tums	♥♥♥
20:15 – 21:15	Zumba®	♥♥♥
Tuesday		
06:30 – 07:15	Studio Cycle	♥♥♥
06:30 – 07:30	Swimfit (Triathlon Training)	♥♥
09:30 – 10:15	Thighs, Hips, Bums & Tums	♥♥♥
09:45 – 10:15	Studio Cycle	♥♥♥
10:15 – 10:45	Pure Power ½ Hour	♥♥♥
10:45 – 11:45	Stretch & Relax	♥
12:15 – 13:00	Studio Cycle	♥♥♥
18:00 – 18:45	Kettleliscise®	♥♥♥♥
18:00 – 18:45	Studio Cycle	♥♥♥
18:00 – 18:50	Beginners Pilates	♥
19:00 – 19:50	Pilates	♥♥
19:00 – 19:45	Studio Cycle	♥♥♥
19:00 – 20:00	Circuit Training	♥♥♥♥
19:30 – 20:15	Strong by Zumba®	♥♥♥
20:00 – 21:00	Aqua Fit	♥♥
20:00 – 20:45	Core Stability	♥♥
20:30 – 21:30	D&B Workout	♥♥♥
Wednesday		
09:30 – 10:15	Studio Cycle	♥♥♥
09:45 – 10:45	Aqua Fit	♥♥
09:30 – 10:15	Fight Fit	♥♥♥
10:30 – 11:15	Studio Cycle	♥♥♥
10:30 – 11:30	Aerobics	♥♥♥
14:00 – 16:00	Line Dancing (FOL)	♥♥
17:55 – 18:55	BODYPUMP™	♥♥
18:00 – 18:45	Studio Cycle	♥♥♥
18:00 – 19:00	Yoga	♥
19:00 – 20:00	Outdoor Circuit Training	♥♥♥♥
19:20 – 20:20	Zumba®	♥♥♥
20:00 – 21:00	Aqua Fit	♥♥
20:30 – 21:15	Studio Cycle	♥♥♥
Thursday		
06:30 – 07:15	Studio Cycle	♥♥♥
09:30 – 10:00	Aerobics (FOL)**	♥
09:30 – 10:15	Studio Cycle	♥♥♥
09:30 – 10:30	Strong by Zumba®	♥♥♥
09:45 – 10:45	Aqua Fit	♥♥
10:00 – 11:00	Aerobics (FOL)**	♥♥
10:30 – 11:30	Zumba®	♥♥♥
11:15 – 12:00	Thighs, Hips, Bums & Tums	♥♥♥
12:15 – 13:15	Aqua Fit (FOL)	♥♥
12:15 – 13:00	Studio Cycle	♥♥♥
17:15 – 18:00	20/20/20	♥♥♥
18:00 – 18:45	Studio Cycle	♥♥♥
18:15 – 19:15	Step Aerobics	♥♥♥
18:15 – 19:15	Kettleliscise®	♥♥♥♥
19:15 – 20:15	BODYCOMBAT™	♥♥♥
19:30 – 20:30	BODYPUMP™	♥♥♥
20:20 – 21:05	Pilates	♥
Friday		
06:30 – 07:15	Studio Cycle	♥♥♥
07:30 – 08:30	Swimfit	♥♥
09:30 – 10:15	Studio Cycle	♥♥♥
09:45 – 10:45	Aqua Fit	♥♥
10:00 – 11:00	Thighs, Hips, Bums & Tums	♥♥♥
10:10 – 11:10	Tai Chi	♥
11:15 – 12:15	BODYPUMP™	♥♥♥
12:00 – 13:00	Aqua Fit	♥♥
12:15 – 13:00	Studio Cycle	♥♥♥
18:00 – 18:30	Core Stability	♥♥
18:15 – 19:00	Studio Cycle	♥♥♥
18:45 – 19:45	Fight Fit	♥♥♥
Saturday		
08:30 – 09:00	Insanity®	♥♥♥♥
09:00 – 09:45	Studio Cycle	♥♥♥
09:15 – 10:15	Zumba®	♥♥♥
09:30 – 09:45	BODYPUMP™ Introduction	♥♥♥
09:45 – 10:45	BODYPUMP™	♥♥♥
10:50 – 11:35	Pilates	♥
11:40 – 12:45	Studio Cycle	♥♥♥
Sunday		
08:45 – 09:30	Studio Cycle	♥♥♥
09:30 – 10:30	Yoga	♥
09:00 – 09:45	BODYPUMP™	♥♥♥
10:00 – 10:30	Studio Cycle	♥♥♥
10:40 – 11:25	Core Stability	♥♥

Lea Manor Recreation Centre		
Northwell Drive, Luton LU3 3TL		
Tel: 01582 599888		
Monday		
09:30 – 10:15	Legs, Bums & Tots	♥♥♥
10:00 – 11:00	Line Dancing (FOL)	♥♥
11:15 – 12:15	Aerobics (FOL)	♥♥
17:40 – 18:25	Insanity®	♥♥♥♥
18:30 – 19:15	Fight Klub	♥♥♥♥
18:30 – 19:15	Core Stability	♥♥♥
19:30 – 20:15	Aqua Fit	♥♥
19:00 – 20:00	Circuit Training	♥♥♥♥
19:20 – 20:05	Studio Cycle	♥♥♥
19:25 – 20:25	Barre Pilates	♥♥
20:15 – 21:15	BODYPUMP™	♥♥♥
Tuesday		
06:30 – 07:20	Kettleliscise®	♥♥♥♥
17:30 – 18:30	Thighs, Hips, Bums & Tums	♥♥♥
18:15 – 19:15	Zumba®	♥♥♥
18:45 – 19:30	Studio Cycle	♥♥♥
19:20 – 20:10	Pilates	♥
20:15 – 21:05	Pilates	♥
20:00 – 20:45	Studio Cycle	♥♥♥
20:10 – 21:00	Kettleliscise®	♥♥♥♥
Wednesday		
06:30 – 07:15	Studio Cycle	♥♥♥
11:00 – 12:00	Aqua Fit	♥♥
18:00 – 18:45	Core Stability	♥♥
18:00 – 19:00	Yoga	♥
18:30 – 19:30	Cycle & Tone	♥♥♥
18:55 – 19:55	P90X®	♥♥♥♥
19:00 – 20:00	BODYPUMP™	♥♥♥
19:30 – 20:15	Gentle Aqua	♥
19:45 – 20:30	Swim Fit	♥♥
20:00 – 21:00	Fight Klub	♥♥♥♥
Thursday		
09:20 – 10:20	Stretch & Relax	♥♥♥
17:45 – 18:45	BODYPUMP™	♥♥♥
18:00 – 18:45	Hard Core Circuits	♥♥♥♥
18:00 – 18:45	ZEN+GA™	♥
19:00 – 20:00	Studio Strength	♥♥♥♥
19:00 – 19:45	Aqua Fit	♥♥
19:00 – 19:45	Studio Cycle	♥♥♥
19:00 – 20:00	Thighs, Hips, Bums & Tums	♥♥♥
20:05 – 20:50	Studio Cycle	♥♥♥
20:05 – 21:05	Fight Klub	♥♥♥
Friday		
09:30 – 10:30	Pilates	♥
10:45 – 11:45	Pilates	♥
12:10 – 12:55	Aqua Fit	♥♥
18:00 – 18:50	Kettleliscise®/Kettlebell	♥♥♥♥
18:15 – 19:00	Studio Cycle	♥♥♥
19:00 – 19:45	Zumba®	♥♥♥
20:10 – 20:55	Aqua Fit	♥♥
Saturday		
09:30 – 10:15	Studio Cycle	♥♥♥
10:30 – 11:15	Stretch & Relax	♥
10:30 – 11:30	Fight Klub	♥♥♥♥
Sunday		
09:30 – 10:15	Studio Cycle	♥♥♥
10:30 – 11:30	ZEN+GA™	♥

Lewsey Sports Park & Pool		
Pastures Way, Luton LU4 0PF		
Tel: 01582 604244		
Monday		
08:45 – 09:40	Aqua Fit (FOL)*	♥♥
09:20 – 10:05	D&B Workout**	♥♥♥♥
10:10 – 11:10	Chair Based Fitness (FOL)*	♥
10:15 – 11:00	Studio Cycle**	♥♥♥
12:00 – 13:00	Pilates	♥
18:00 – 19:00	Zumba®	♥♥♥
18:15 – 19:00	Studio Cycle**	♥♥♥
18:45 – 19:30	Thighs, Hips, Bums & Tums	♥♥♥
19:10 – 19:55	BODYPUMP™	♥♥♥
19:40 – 20:40	Cycle & Tone**	♥♥♥
20:00 – 21:00	Fitness Yoga	♥
Tuesday		
09:20 – 10:20	Circuit Training	♥♥♥♥
09:30 – 10:15	Studio Cycle**	♥♥♥
09:30 – 10:30	Aqua Fit	♥♥
10:25 – 11:10	BODYPUMP™	♥♥♥
11:20 – 12:20	Pilates	♥♥
17:30 – 18:00	MetaFit™	♥♥♥♥
18:00 – 18:45	Kettleliscise®	♥♥♥♥
19:00 – 19:45	Studio Cycle	♥♥♥
19:30 – 20:30	Aqua Fit	♥♥
20:00 – 20:45	ZEN+GA™	♥
Wednesday		
09:30 – 10:30	Box & Tone	♥♥♥
10:35 – 11:20	Core Stability	♥♥
11:00 – 11:45	Stretch & Relax	♥
17:45 – 18:30	Studio Cycle	♥♥♥
18:10 – 18:55	Thighs, Hips, Bums & Tums	♥♥♥
18:45 – 19:45	Cycle & Tone**	♥♥♥
19:00 – 20:00	Barre Pilates	♥♥
Thursday		
09:30 – 10:30	Circuit Training	♥♥♥♥
09:30 – 10:30	Aqua Fit	♥♥
10:30 – 11:30	Nordic Walking	♥
10:35 – 11:35	Pilates	♥♥
14:00 – 15:00	Pilates	♥♥
18:00 – 18:45	Zumba®	♥♥♥
18:30 – 19:30	Cycle & Tone	♥♥♥
18:50 – 19:50	BODYPUMP™	♥♥♥
20:00 – 21:00	Yoga	♥
Friday		
09:25 – 10:20	Boot Camp	♥♥♥♥
10:30 – 11:15	Studio Cycle**	♥♥♥
18:00 – 18:45	Kettleliscise®	♥♥♥♥
18:30 – 19:30	Deep Water Circuits	♥♥♥
18:50 – 19:50	Core Stability	♥♥
Saturday		
09:00 – 09:45	Fight Fit	♥♥♥
10:00 – 11:00	Studio Cycle**	♥♥♥
10:00 – 11:00	Zumba®	♥♥♥
11:30 – 12:30	BODYPUMP™	♥♥♥
Sunday		
09:30 – 10:15	Studio Cycle	♥♥♥
10:00 – 11:00	Aqua Fit	♥♥
10:30 – 11:30	D&B Workout**	♥♥♥♥
11:45 – 12:30	Kettleliscise®	♥♥♥♥

Hightown Community Sports & Arts Centre		
Concorde Street, Luton LU2 0JD		
Tel: 01582 419548		
Monday		
18:45 – 19:45	Body Blitz	♥♥♥
Tuesday		
09:30 – 10:15	Chair Based Activity (FOL)**	♥
10:30 – 11:30	Line Dancing (FOL)**	♥
11:45 – 12:45	Line Dancing (FOL)	♥♥
19:00 – 20:00	BODYPUMP™	♥♥♥
Wednesday		
09:20 – 10:05	BODYPUMP™	♥♥♥
10:10 – 11:05	BODYBALANCE™	♥♥
19:00 – 20:00	BODYBALANCE™	♥♥
Thursday		
10:00 – 11:30	Aerobics (FOL)	♥♥
18:15 – 19:15	Body Blitz	♥♥♥
18:15 – 19:15	Pilates	♥♥
Friday		
17:45 – 18:30	BODYPUMP™	♥♥♥
Saturday		
10:00 – 10:45	Circuit Training	♥♥♥♥
Sunday		
10:15 – 11:15	BODYBALANCE™	♥♥

Stockwood Park Athletics Centre		
Farley Hill, Luton LU1 4BH		
Tel: 01582 722930		
Monday		
09:30 – 10:15	Women Only Yoga	♥
10:20 – 11:05	Women Only Yoga	♥
Tuesday		
10:00 – 11:00	Fit to Push	♥
11:00 – 12:00	Nordic Walking	♥
17:45 – 18:30	Studio Cycle	♥♥♥
Wednesday		
18:45 – 19:30	Studio Cycle	♥♥♥
19:45 – 20:45	Box & Tone	♥♥♥
Thursday		
09:30 – 10:15	Women Only Yoga	♥
10:20 – 11:05	Women Only Yoga	♥
13:15 – 14:00	Women Only Circuit Training	♥♥♥
Friday		
09:30 – 10:30	Nordic Walking	♥
10:00 – 11:00	Fit to Push	♥♥
Sunday		
09:30 – 10:15	Studio Cycle	♥♥♥

Choose sessions to suit your fitness and ability
Always consult with your instructor to discuss your fitness levels.

Level ♥ A gentle fitness session that will elevate heart rate and is perfect for the fitness beginner.
Level ♥♥ Generally low impact classes and may include floor-based exercises to tone the body.
Level ♥♥♥ A mixture of low and high impact exercise that will work your heart at different levels of intensity.
Level ♥♥♥♥ High energy classes that can be demanding, but great if you are looking for a challenge.

For full class descriptions please visit www.activeluton.co.uk.

FOL (Full of Life) – Tailored to the older person who still likes to remain active and are offered at a reduced rate.
 *These sessions form part of an activity morning (Full of Life Club) for an all-inclusive price.
 **Laser lights will be used during the session.

Programme correct at time of going to print. For a full and up to date timetable please visit www.activeluton.co.uk/fitness-classes.

Terms and conditions apply.