



profiles
Health and Fitness

Group Fitness Timetable
October 2017 - March 2018

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 – 11:15	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 – 20:00	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)	♥♥
07:20 – 07:50	MetaFit™	♥♥♥♥
09:30 – 10:15	Thighs, Hips, Bums & Tums	♥♥♥
09:30 – 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	Kettlecise®	♥♥♥♥
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	Totally Shredded	♥♥♥
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	♥♥♥
11:15 – 12:15	BODYPUMP™	♥♥♥
14:00 – 16:00	Line Dancing (FOL)	♥♥
17:55 – 18:55	BODYPUMP™	♥♥
18:15 – 19:00	Studio Cycle	♥♥♥
18:15 – 19:15	Yoga	♥
19:00 – 20:00	Team Terrain Training	♥♥♥♥
19:00 – 20:00	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 – 10:15	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	♥♥♥
18:15 – 19:15	Step Aerobics	♥♥♥
18:15 – 19:15	Kettlecise®	♥♥♥♥
19:25 – 19:55	Pure Power ½ Hour	♥♥♥
19:30 – 20:15	Studio Cycle	♥♥♥
19:30 – 20:30	BODYPUMP™	♥♥♥
20:00 – 21:00	BODYCOMBAT™	♥♥♥
Friday		
06:30 – 07:15	Studio Cycle	♥♥♥
07:30 – 08:30	Swimfit	♥♥
09:15 – 10:00	BODYCOMBAT™	♥♥♥
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		
17:30 – 18:30	Thighs, Hips, Bums & Tums	♥♥♥
18:15 – 19:15	Zumba®	♥♥♥
18:45 – 19:30	Studio Cycle	♥♥♥
19:30 – 20:30	Pilates	♥
20:00 – 20:45	Studio Cycle	♥♥♥
20:10 – 21:00	Kettlecise®	♥♥♥♥
Wednesday		
06:30 – 07:15	Studio Cycle	♥♥♥
11:00 – 12:00	Aqua Fit	♥♥
18:00 – 18:45	Core Stability	♥♥
18:30 – 19:30	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		
09:30 – 10:30	Steady Start Studio Cycle*	♥♥♥
17:45 – 18:45	BODYPUMP™	♥♥♥
18:00 – 18:45	Hard Core	♥♥♥♥
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	♥
12:00 – 13:00	Aqua Fit	♥♥
18:00 – 18:50	Kettlecise®	♥♥♥♥
18:15 – 19:00	Studio Cycle	♥♥♥
20:00 – 21:00	Aqua Yoga (Coming Jan 2018)	♥♥
Saturday		
09:00 – 09:45	Studio Cycle	♥♥♥
09:50 – 10:20	Pure Power ½ Hour	♥♥♥
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™	♥

Hightown Community Sports & Arts Centre

Concorde Street, Luton LU2 0JD
Tel: **01582 419548**

Monday		
18:45 – 19:45	Body Blitz	♥♥♥
20:00 – 21:00	Fight Fit	♥♥♥
Tuesday		
09:30 – 10:15	Chair Based Fitness (FOL)**	♥
10:30 – 11:30	Line Dancing (FOL)**	♥
11:45 – 12:45	Line Dancing (FOL)	♥♥
19:00 – 20:00	BODYPUMP™	♥♥♥
Wednesday		
09:45 – 10:45	BODYBALANCE™	♥
18:00 – 18:45	Studio Cycle	♥♥♥
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™	♥♥♥
Sunday		
10:15 – 11:00	BODYBALANCE™	♥

Lewsey Sports Park & Pool

Pastures Way, Luton LU4 0PF
Tel: **01582 604244**

Monday		
09:00 – 09:45	Aqua Fit (FOL)**	♥♥
09:30 – 10:15	Studio Cycle***	♥♥♥
10:00 – 10:45	Chair Based Fitness (FOL)**	♥
10:30 – 11:15	Totally Shredded	♥♥♥♥
12:00 – 13:00	Pilates	♥
18:00 – 19:00	Zumba®	♥♥♥
18:15 – 19:00	Studio Cycle***	♥♥♥
18:45 – 19:30	Thighs, Hips, Bums & Tums	♥♥♥
19:15 – 20:00	Yoga	♥
19:40 – 20:40	Cycle & Tone***	♥♥♥
Tuesday		
09:30 – 10:15	Studio Cycle***	♥♥♥
09:30 – 10:15	Studio Strength	♥♥♥♥
09:30 – 10:30	Aqua Fit	♥♥
11:00 – 12:00	Pilates	♥♥
17:30 – 18:00	MetaFit™	♥♥♥♥
18:00 – 18:45	Kettlecise®	♥♥♥♥
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	♥♥♥
10:45 – 11:30	Core Stability	♥♥
11:00 – 11:45	Thighs, Hips, Bums & Tums	♥♥♥
17:45 – 18:45	Body Blitz	♥♥♥
18:15 – 19:00	Thighs, Hips, Bums & Tums	♥♥♥
18:45 – 19:45	Cycle & Tone***	♥♥♥
18:50 – 19:50	Let's Do This Walk, Jog, Run	
Thursday		
09:30 – 10:30	Aqua Fit	♥♥
09:30 – 10:30	Studio Strength	♥♥♥♥
10:30 – 11:30	Nordic Walking	♥
10:35 – 11:35	Pilates	♥♥
18:00 – 18:45	Zumba®	♥♥♥
18:30 – 19:30	Cycle & Tone	♥♥♥
19:45 – 20:45	Yoga	♥
Friday		
09:30 – 10:30	Boot Camp	♥♥♥♥
10:45 – 11:30	Studio Cycle***	♥♥♥
18:00 – 18:45	Kettlecise®	♥♥♥♥
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®	♥♥♥
Sunday		
09:30 – 10:15	Studio Cycle	♥♥♥
10:00 – 11:00	Aqua Fit	♥♥
10:30 – 11:30	Totally Shredded	♥♥♥♥
11:45 – 12:30	Kettlecise®	♥♥♥♥

Stockwood Park Athletics Centre

Farley Hill, Luton LU1 4BH
Tel: **01582 722930**

Monday		
10:00 – 11:00	Women Only Yoga	♥
Tuesday		
10:00 – 11:00	Fit to Push	♥
11:00 – 12:00	Nordic Walking	♥
17:45 – 18:30	Studio Cycle	♥♥♥
Thursday		
09:30 – 10:15	Women Only Yoga	♥
10:20 – 11:05	Women Only Yoga	♥
Friday		
09:30 – 10:30	Nordic Walking	♥
10:00 – 11:00	Fit to Push	♥♥
18:00 – 18:45	Studio Cycle	♥♥♥
Saturday		
09:15 – 10:00	Studio Cycle	♥♥♥
Sunday		
09:15 – 10:00	Studio Cycle (Coming Nov 2017)	♥♥♥

Steady Start Studio Cycle – Aerobic exercise on a stationary bike. It's a fantastic lung and heart workout with great fat burning capabilities. *This session provides customers with a few minutes break at 10:00 for beginners to leave if they wish to do so.
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.
 Programme correct at time of going to print. For a full and up to date timetable please visit www.activeluton.co.uk/fitness-classes.
 ***Laser lights will be used during the session.
 Terms and conditions apply.



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.

How to book

In person, by phone or online
www.activeluton.co.uk/online-booking

- Class bookings can be made online, by telephone or in person at one of our centres.
- Full payment is required at the time of booking for Go4Less and Pay As You Go customers.
- Please note that all classes that are booked in advance are subject to a 24 hour cancellation policy.

Photography & Filming

Please respect the right to privacy

We ask you to ensure that you have the permission of anyone in the frame before taking pictures on mobile phones during classes.

Filming should not take place during classes without seeking permission of the instructor and class in advance.

JOIN NOW

- Unlimited Gym, Swim and Fitness Classes
- **Monthly payments with no fixed contract**

Call **03000 30 30 30** or email
info@activeluton.co.uk