

profiles

Join a Group Fitness Class

*It's a sure way to have fun,
keep fit and stay healthy!*



From September 2011

act ve
LUTON

Get the exercise habit with a class workout

Our group fitness classes are the perfect way for you to have fun while still working hard to achieve your health and fitness goals. They are an ideal way to stay motivated by working out safely and effectively with professional instructors and like-minded people.

With so many classes to choose from there's bound to be one to suit your fitness level and your lifestyle! Choose from 7 great venues across Luton.

What should I wear to a fitness class?

Make it comfortable and cool. Wear clothing such as a t-shirt, shorts or thin leggings. Loose fitting cotton clothing works well for exercise as it is light and breathable.

When working out, choose footwear that is durable, comfortable and will also give you cushioned protection for your joints and help cut down on injuries.

For water-based fitness classes it's as simple as a swimming costume or trunks.

Your health is important to us

Before starting any new fitness regime, it is important to seek medical advice from your GP, if you have any concerns with your health. Remember, the more we know about you, the more aware we are of your health and fitness needs.

Advanced Online Booking Go4Less Cardholders and Members – Your fitness class is just a click away.

As a **Go4Less Cardholder** you can book

7 days in advance. This can be done online at www.activeluton.co.uk or by calling the centre of your choice. Full payment is required at the time of booking. Our annual Go4Less cards are available to buy at any Active Luton Centre for a small charge.

Customers **without a Go4Less Card** are welcome to attend classes. These may be booked by telephone or in person, a maximum of 3 days in advance. Full payment is required at the time of booking.

Members gain the additional benefit of booking classes **8 days** in advance. Regular participants may wish to upgrade to the membership option. For further details please call our Membership Team on **08453 30 30 85**.

Please arrive at least **10 minutes** before the start of your session to avoid rushing and missing key information from your fitness instructor. If you have not arrived **5 minutes** before the start time, Active Luton reserves the right to resell your place.

For further information on booking Profiles Group Fitness Classes, please refer to www.activeluton.co.uk

Active Luton Gold Standards

We understand how important your health and fitness is, so the Active Luton team want you to experience and share in our 4 Gold standard customer promises:

- ♥ Fitness activity in a safe environment
- ♥ An enjoyable fitness experience
- ♥ Industry qualified Fitness Instructors
- ♥ Excellent value for money



| Luton Regional Sports Centre | | Tel: 01582 416772 | |
|-------------------------------------|---------------------------|--------------------------|--------------|
| DAY | SESSION | TIME | LEVEL |
| Monday | Thighs, Hips, Bums & Tums | 10.00 - 11.00am | ♥♥ |
| Monday | Zumba® | 10.30 - 11.25am | ♥♥♥ |
| Monday | BODYPUMP™ | 6.00 - 6.45pm | ♥♥♥ |
| Monday | Box & Tone | 7.30 - 8.30pm | ♥♥♥ |
| Tuesday | Spinning | 6.00 - 7.00pm | ♥♥♥ |
| Tuesday | Beginners Pilates | 6.00 - 7.00pm | ♥ |
| Tuesday | Pilates | 7.15 - 8.15pm | ♥♥ |
| Wednesday | Fat Burn Aerobics | 10.00 - 11.00am | ♥♥♥ |
| Wednesday | BODYPUMP™ | 6.00 - 6.45pm | ♥♥♥ |
| Wednesday | Spinning | 6.00 - 6.45pm | ♥♥♥ |
| Wednesday | Profiles Circuits (Women) | 7.00 - 8.00pm | ♥♥ |
| Wednesday | Circuit Training | 7.00 - 8.00pm | ♥♥♥♥ |
| Wednesday | Spinning | 8.15 - 9.00pm | ♥♥♥ |
| Thursday | Active Retired Club (ARC) | 9.30 - 10.00am | ♥ |
| Thursday | Active Retired Club (ARC) | 10.00 - 11.00am | ♥ |
| Thursday | BODYPUMP™ | 5.45 - 6.30pm | ♥♥♥ |
| Thursday | Spinning | 6.00 - 6.45pm | ♥♥♥ |
| Thursday | Profiles Circuits | 7.00 - 8.00pm | ♥♥ |
| Friday | Body Sculpture | 10.00 - 11.00am | ♥♥♥ |
| Friday | Zumba® | 12.30 - 1.15pm | ♥♥♥ |
| Friday | Spinning | 6.00 - 6.45pm | ♥♥♥ |
| Friday | Circuit Training | 6.45 - 7.45pm | ♥♥♥♥ |
| Saturday | Spinning | 9.00 - 10.00am | ♥♥♥ |
| Saturday | BODYPUMP™ | 9.30 - 10.30am | ♥♥♥ |
| Sunday | BODYPUMP™ | 8.45 - 9.45am | ♥♥♥ |
| Sunday | Spinning | 9.55 - 10.40am | ♥♥♥ |

| Putteridge Recreation Centre | | Tel: 01582 731664 | |
|-------------------------------------|----------------------|--------------------------|--------------|
| DAY | SESSION | TIME | LEVEL |
| Monday | Spinning | 6.00 - 6.45pm | ♥♥ |
| Monday | Box & Tone | 6.30 - 7.30pm | ♥♥ |
| Monday | Spinning | 7.00 - 7.45pm | ♥♥ |
| Monday | Aqua Fit | 7.00 - 8.00pm | ♥♥ |
| Monday | Zumba® | 7.45 - 8.45pm | ♥♥♥ |
| Tuesday | Spinning | 7.00 - 8.00pm | ♥♥ |
| Tuesday | Zumba® | 7.30 - 8.30pm | ♥♥♥ |
| Wednesday | Aqua Fit | 8.00 - 9.00pm | ♥♥ |
| Thursday | Spinning | 6.00 - 7.00pm | ♥♥ |
| Thursday | Zumba® | 6.30 - 7.30pm | ♥♥♥ |
| Thursday | Spinning | 7.15 - 8.15pm | ♥♥ |
| Thursday | Kettle Bell Training | 7.45 - 8.45pm | ♥♥♥ |

| Lewsey Swimming Pool | | Tel: 01582 604244 | |
|-----------------------------|----------------|--------------------------|--------------|
| DAY | SESSION | TIME | LEVEL |
| Tuesday | Aqua Fit | 9.30 - 10.30am | ♥ |
| Tuesday | Aqua Fit | 7.30 - 8.30pm | ♥♥ |
| Thursday | Aqua Fit | 9.30 - 10.30am | ♥ |
| Sunday | Aqua Fit | 10.00 - 11.00am | ♥ |

Lea Manor Recreation Centre

Tel: 01582 599888

| DAY | SESSION | TIME | LEVEL |
|------------|---------------------------|--------------------|--------------|
| Monday | Spinning | 7.00 - 7.30am | ♥♥♥ |
| Monday | 50+ Line Dancing | 10.00 - 11.00am | ♥ |
| Monday | 50+ Aerobics | 11.15 - 12.15pm | ♥♥ |
| Monday | BODYCOMBAT™ | 6.00 - 7.00pm | ♥♥♥ |
| Monday | Step Aerobics | 6.00 - 7.00pm | ♥♥♥ |
| Monday | Spinning | 6.15 - 7.00pm | ♥♥♥ |
| Monday | Circuit Training | 7.00 - 8.00pm | ♥♥♥♥ |
| Monday | Core Stability | 7.10 - 7.55pm | ♥♥ |
| Monday | Kettle Bell Training | 7.30 - 8.30pm | ♥♥♥♥ |
| Monday | Spinning | 8.15 - 9.15pm | ♥♥ |
| Monday | BODYPUMP™ Introduction | 8.15 - 8.30pm | ♥♥ |
| Monday | BODYPUMP™ | 8.30 - 9.30pm | ♥♥♥ |
| Tuesday | Thighs, Hips, Bums & Tums | 9.45 - 10.45am | ♥♥ |
| Tuesday | BODYPUMP™ Introduction | 10.45 - 11.00am | ♥♥ |
| Tuesday | BODYPUMP™ | 11.00 - 12.00 noon | ♥♥♥ |
| Tuesday | Thighs, Hips, Bums & Tums | 6.00 - 7.00pm | ♥♥ |
| Tuesday | Aerobics | 6.30 - 7.30pm | ♥♥♥ |
| Tuesday | BODYCOMBAT™ Introduction | 7.30 - 7.45pm | ♥♥ |
| Tuesday | BODYCOMBAT™ | 7.45 - 8.45pm | ♥♥♥ |
| Tuesday | Spinning | 8.00 - 8.45pm | ♥♥♥ |
| Wednesday | Spinning | 7.00 - 7.30am | ♥♥♥ |
| Wednesday | Spinning | 12.00 - 12.45pm | ♥♥♥ |
| Wednesday | Core Stability | 6.00 - 6.45pm | ♥ |
| Wednesday | Yoga | 6.30 - 7.30pm | ♥ |
| Wednesday | Spinning and Tone | 6.45 - 7.45pm | ♥♥♥ |
| Wednesday | BODYPUMP™ | 7.00 - 8.00pm | ♥♥♥ |
| Wednesday | Box & Tone | 8.00 - 9.00pm | ♥♥♥ |
| Thursday | Core Stability | 6.00 - 6.45pm | ♥♥ |
| Thursday | Circuit Training | 6.45 - 7.45pm | ♥♥♥♥ |
| Thursday | BODYPUMP™ | 7.00 - 8.00pm | ♥♥♥ |
| Thursday | Thighs, Hips, Bums & Tums | 7.15 - 8.15pm | ♥♥ |
| Thursday | Aqua Fit | 7.30 - 8.15pm | ♥♥ |
| Thursday | BODYCOMBAT™ | 8.00 - 9.00pm | ♥♥♥ |
| Thursday | Spinning | 8.00 - 9.00pm | ♥♥♥ |
| Thursday | Zumba® | 8.30 - 9.15pm | ♥♥♥ |
| Friday | Spinning | 7.00 - 7.30am | ♥♥♥ |
| Friday | Pilates | 9.30 - 10.30am | ♥♥ |
| Friday | Spinning | 6.15 - 7.00pm | ♥♥♥ |
| Friday | BODYPUMP™ | 6.30 - 7.30pm | ♥♥♥ |
| Friday | Thighs, Hips, Bums & Tums | 7.40 - 8.40pm | ♥♥ |
| Saturday | Spinning | 9.30 - 10.15am | ♥♥♥ |
| Saturday | Spinning | 10.30 - 11.30am | ♥♥♥ |
| Saturday | BODYPUMP™ Introduction | 10.30 - 10.45am | ♥♥ |
| Saturday | BODYPUMP™ | 10.45 - 11.45am | ♥♥♥ |
| Saturday | Zumba® | 12.00 - 12.45pm | ♥♥♥ |
| Sunday | Spinning | 9.30 - 10.15am | ♥♥♥ |
| Sunday | Yoga for Back Pain | 10.00 - 11.00am | ♥ |
| Sunday | Body Sculpture | 10.30 - 11.30am | ♥♥♥ |

(Programme correct at time of going to print)

Hightown Community Sports & Arts Centre Tel: 01582 419548

| DAY | SESSION | TIME | LEVEL |
|-----------|------------------------|--------------------|-------|
| Monday | BODYPUMP™ | 7.05 - 8.05pm | ♥♥♥ |
| Monday | BODYCOMBAT™ | 8.10 - 9.10pm | ♥♥♥ |
| Tuesday | Full of Life Club | 9.30 - 11.30am | ♥ |
| Tuesday | BODYPUMP™ Introduction | 6.45 - 7.00pm | ♥♥ |
| Tuesday | BODYPUMP™ | 7.05 - 8.05pm | ♥♥♥ |
| Wednesday | Aerobics | 7.30 - 8.30pm | ♥♥ |
| Thursday | Yoga for Beginners | 7.30 - 8.30pm | ♥ |
| Friday | Zumba® | 6.00 - 7.00pm | ♥♥♥ |
| Saturday | BODYCOMBAT™ | 10.00 - 11.00am | ♥♥♥ |
| Saturday | BODYPUMP™ | 11.00 - 12.00 noon | ♥♥♥ |

Wardown Swimming & Leisure Centre Tel: 01582 720621

| DAY | SESSION | TIME | LEVEL |
|-----------|------------------|-----------------|-------|
| Tuesday | Line Dancing | 12.00 - 1.00pm | ♥ |
| Tuesday | Circuit Training | 7.00 - 8.00pm | ♥♥♥♥ |
| Wednesday | Line Dancing | 2.00 - 4.00pm | ♥ |
| Thursday | 50+ Aerobics | 10.00 - 11.45am | ♥♥ |
| Thursday | 50+ Aqua Fit | 1.45 - 2.45pm | ♥ |
| Thursday | Step Aerobics | 6.15 - 7.15pm | ♥♥ |

Stockwood Park Athletics Centre Tel: 01582 722930

| DAY | SESSION | TIME | LEVEL |
|--------|-------------|-----------------|-------|
| Friday | Fit to Push | 10.00 - 11.00am | ♥ |

STOP PRESS...STOP PRESS...STOP PRESS...

We want to make sure that our classes are kept up to date with the latest fitness trends, so in addition to this timetable, we also offer a range of taster classes under our Development Class timetable. A new timetable is produced every 2 months so that we can see how successful they are... Remember to check these new classes on www.activeluton.co.uk.

Know your level, follow the heart chart



Choose sessions to suit your fitness and ability.

Level ♥ A gentle fitness session that will elevate heart rate and is perfect for the fitness beginner.

Level ♥♥ You've started and now it's time to move to the next level stimulating mind, body and soul. These sessions are generally low impact exercise sessions and may include floor-based exercises to tone the body.

Level ♥♥♥ All systems are Go!! These sessions may include a mixture of low and high impact exercise and will work your heart at different levels of intensity. More complex floor based exercises are included to help tone that body to the next level.

Level ♥♥♥♥ These sessions can be demanding but if you've worked through the levels you're now ready for a challenge.

Always consult with your instructor to discuss your fitness levels.

profiles

fitness classes



ARC (Active Retired Club)

This session combines a multitude of health improving activities including Low Impact Aerobics, Chair Fitness, Table Tennis, Short Tennis and Short Mat Bowls. Ideal for all fitness abilities and a great way to make new friends.

Aerobics

A mix of high and low movements are used to create our easy to follow routines. There is a real focus on toning arms and abdominals but it's also the ideal class to get an overall body workout and burn off those unwanted calories.

Aqua Fit

Aqua Fit classes are for all ages, all abilities, swimmers and non-swimmers. If you want to become supple, flexible and strong then this class is for you. The classes are hard enough to achieve these goals, but fun and enjoyable too.

LES MILLS BODYCOMBAT™ and BODYPUMP™ Introduction

Designed for newcomers, Introductory Sessions are an essential lead in class before you embark on a full BODYPUMP™ or BODYCOMBAT™ session. These will help you get to grips with the moves and choreography so you can really enjoy the full workout.

LES MILLS BODYCOMBAT™

BODYCOMBAT™ combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an

exciting routine. It's a fiercely energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

LES MILLS BODYPUMP™

Using barbells and adjustable weights to tone and condition muscles, BODYPUMP™ also helps to raise metabolic rate for rapid fat burning and helps develop endurance, strength and wellness benefits.

Body Sculpture

Cardiovascular aerobics and body conditioning/toning provide a great combination workout. The intensity of toning exercises is alternated at every class. Each week the focus is on a particular area of the body; a top to toe workout, sculpturing you where you need it most!

Box and Tone

Box and Tone is a great way to increase fitness and energy levels. The class has a number of fitness elements centred on a boxing theme. With positive music and a motivated instructor, this session is a high calorie burner and a great way to tone up.

Chair Fitness

It's low impact yet still offers the benefit of an aerobic workout. Exercises are mainly undertaken from a chair helping to burn calories, increase blood circulation and improve muscle strength. What's more, there's very little strain on your joints and bones.





Circuit Training

Using weights, skipping ropes, medicine balls, aerobic steps and much more, you can pace yourself to work at your level. Fun, friendly and a total workout for all those muscle groups.

Core Stability

Develop core muscle strength around the abdominal area. This provides support for the spine, helping to reduce the risk of injury and lower back pain. Great for your posture and toning too. The class is mainly floor based, using Fit Balls, light weights, steps and much more.

Fit to Push

This pushchair or buggy-walking programme is aimed at new mums, parents or those who want to walk to get fit.

Full of Life Club

Perfect for the more mature person who doesn't see age as a number but an opportunity to meet new challenges. Programmes of fitness and activity range from Line Dancing and Short Mat Bowls to Chair Fitness. You'll never be short of a challenge as each week varies to meet your needs.

Keep Fit

The perfect mix to burn calories, work the heart, improve your fitness and achieve body conditioning too. Suitable for anyone who wants to work hard and see results!

Kettlebell Training

The combination of dynamic moves holding kettle shaped weights targets almost every aspect of fitness training – endurance, strength, balance and cardiovascular fitness. This session will challenge even the toughest!

Kettlercise

Kettlercise is designed to provide an overall total body workout with the use of a single weight. The movements in a Kettlercise class include those used in traditional kettlebells training such as, swings, snatches, lunges, pulls, presses and many others. The movements are presented in such a way that class members can learn the correct way to execute them and obtain the best workout possible.

Line Dancing

It's sociable, very enjoyable and designed for all age groups. Dancing is mainly to country music but once the basic steps are mastered, you can adapt to all kinds of dance music like Rock & Roll, Swing etc. You don't have to have a partner either. Just turn up and enjoy the fun.

Pilates

These relaxing sessions will help to teach awareness of breathing whilst developing flexibility and inner muscle support. They're great for toning the body and developing a good posture too.

Profiles Circuits

Co-ordinated by Profiles Fitness Instructors, the

Ability is what you are capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.



sessions focus on improving and developing heart and lung strength through high energy fitness training, combined with toning exercises performed on the latest Life Fitness equipment.

Spinning

Spinning is aerobic exercise on a stationary bike accompanied by inspirational music and the motivational words of the instructor. It's a fantastic lung and heart workout with great fat burning capabilities.

Step Aerobics

Get your heart and lungs in shape and tone that body! Using a step and choreographed routines, this is a lively and fun exercise class.

Thighs, Hips, Bums & Tums

This is a great overall body workout to tone most areas. Routines change on a weekly basis and include use of hand weights for toning the arms and upper body. There's also a variety of exercises to tone the legs, hips, bums and tums.

Yoga

The calm control of mind and body through breathing and posture are designed to develop flexibility, suppleness and general well-being. Meditation and relaxation is a way of shedding cares and stresses, reaching a tranquil state that refreshes and strengthens the mind and deeply relaxes the body.

Zumba®

Party yourself into shape with the fastest

growing dance-based fitness craze in the country. Let the Latin rhythms inspire you with exhilarating music and easy to follow steps. It's a high energy class that will tone, shape and work the all important heart and lungs. This is one not to be missed! Zumba!

How to get started

Our highly qualified and professional staff are here to help you.

Contact our membership hotline on **08453 30 30 85** or call in to your nearest centre to find out more.

Alternatively email info@activeluton.co.uk.

www.activeluton.co.uk