

profiles

Join a Group Fitness Class

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



your health, your life, your choice

act5ve
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. It's an ideal way to stay motivated by working out safely and effectively with professional coaches 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. Good footwear will add to your enjoyment and help cut down on injuries. Many reputable sports shops can give excellent advice to help you make the right choice. Explain the type of activity you will be undertaking to gain the best possible guidance.

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

What else do I need to take to a fitness class?

Staying hydrated while you exercise is really important. All Active Luton facilities have sports drinks and water available. Bring a water bottle if you have one.

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.

Online Booking – Your fitness class is just a click away

Classes can be booked online at www.activeluton.co.uk, or call the facility in advance to avoid disappointment.

Make sure you arrive at least 10 minutes before the start of your session to avoid rushing and missing key information from your fitness instructor.

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
- ♥ Industry qualified Fitness Instructors
- ♥ An enjoyable fitness experience
- ♥ Excellent value for money

profiles Group training times



Luton Regional Sports Centre		Tel: 01582 416772	
DAY	SESSION	TIME	LEVEL
Monday	Thighs, Hips, Bums & Tums	10.00 - 11.00am	♥♥
Monday	Profiles Circuits	7.00 - 8.00pm	♥♥
Monday	Keep Fit	7.30 - 8.30pm	♥♥♥
Tuesday	Junior Profile Circuits	3.45 - 4.30pm	♥♥
Tuesday	Beginners Pilates	6.00 - 6.45pm	♥
Wednesday	Aerobics	10.00 - 11.00am	♥♥♥
Wednesday	Profiles Circuits (Women Only)	7.00 - 8.00pm	♥♥
Wednesday	Circuit Training	7.00 - 8.00pm	♥♥♥♥
Thursday	Active Retirement Keep Fit Club	9.30 - 11.00am	♥
Thursday	Profiles Circuits	7.00 - 8.00pm	♥♥
Friday	Body Sculpture	10.00 - 11.00am	♥♥
Friday	Junior Profile Circuits	3.45 - 4.30pm	♥♥
Friday	Circuit Training	6.45 - 7.45pm	♥♥♥♥

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	♥♥
Wednesday	Aqua Fit	8.00 - 9.00pm	♥♥
Thursday	Spinning	7.15 - 8.15pm	♥♥

Lewsey Swimming Pool		Tel: 01582 604244	
DAY	SESSION	TIME	LEVEL
Tuesday	Aqua Fit	9.30 - 10.30am	♥
Tuesday	Aqua Fit	7.35 - 8.35pm	♥♥
Thursday	Aqua Fit	9.30 - 10.30am	♥
Sunday	Aqua Fit	10.00 - 11.00am	♥

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	Aqua Fit 50+	1.45 - 2.45pm	♥
Thursday	Step Aerobics	6.15 - 7.00pm	♥♥
Thursday	Box & Tone	7.15 - 8.00pm	♥♥♥♥

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	Step Aerobics	6.00 - 7.00pm	♥♥♥
Monday	Core Stability	7.10 - 7.55pm	♥♥
Monday	Spinning	6.15 - 7.00pm	♥♥♥
Monday	Circuit Training	7.00 - 8.00pm	♥♥♥♥
Monday	Body Pump Technical	8.10 - 8.30pm	♥♥
Monday	Body Pump	8.30 - 9.30pm	♥♥♥
Tuesday	Body Pump Technical	10.30 - 10.50am	♥♥
Tuesday	Body Pump	11.00 - 12.00noon	♥♥♥
Tuesday	Body Pump Technical	6.00 - 7.00pm	♥
Tuesday	Aerobics	6.30 - 7.30pm	♥♥♥
Tuesday	Begin to Spin	6.45 - 7.30pm	♥♥♥
Tuesday	Spinning	8.00 - 8.45pm	♥♥♥
Tuesday	Body Combat Technical	7.00 - 7.30pm	♥♥
Tuesday	Body Combat	7.45 - 8.45pm	♥♥♥
Wednesday	Spinning	7.00 - 7.30am	♥♥♥
Wednesday	Begin to Spin	12.00 - 12.45pm	♥♥♥
Wednesday	Core Stability	6.00 - 6.45pm	♥
Wednesday	Yoga	6.30 - 7.30pm	♥♥
Wednesday	Spin & Tone	6.45 - 7.45pm	♥♥♥
Wednesday	Body Pump	7.00 - 8.00pm	♥♥♥
Wednesday	Box & Tone	8.00 - 9.00pm	♥♥♥
Wednesday	Salsa Aerobics	8.30 - 9.30pm	♥♥
Thursday	Chair Aerobics	10.30 - 11.30am	♥
Thursday	Core Stability	6.00 - 6.45pm	♥♥
Thursday	Circuit Training	6.45 - 7.45pm	♥♥♥♥
Thursday	Body Pump	7.00 - 8.00pm	♥♥♥
Thursday	Spinning	8.00 - 9.00pm	♥♥♥
Thursday	Thighs, Hips, Bums & Tums	7.15 - 8.15pm	♥♥
Thursday	Aqua Fit	7.30 - 8.15pm	♥♥
Thursday	Body Combat	8.00 - 9.00pm	♥♥♥
Friday	Spinning	7.00 - 7.30am	♥♥♥
Friday	Spinning	6.15 - 7.00pm	♥♥♥
Friday	Body Pump	6.30 - 7.30pm	♥
Friday	Yoga for Beginners	7.45 - 8.30pm	♥♥♥
Friday	Salsa Aerobics	8.45 - 9.45pm	♥♥
Saturday	Childrens Dance Fit	9.30 - 10.45am	♥♥
Saturday	Body Pump Technical	11.00 - 11.30am	♥♥
Saturday	Body Pump	11.30 - 12.30pm	♥♥♥
Sunday	Spinning	9.30 - 10.15am	♥♥♥
Sunday	Body Sculpture	10.30 - 11.30am	♥♥♥

Hightown Community Sports & Arts Centre

Tel: 01582 419548

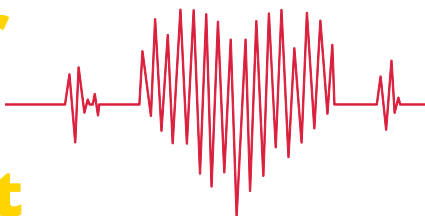
DAY	SESSION	TIME	LEVEL
Monday	Body Pump	7.05 - 8.05pm	♥♥
Monday	Body Combat	8.10 - 9.10pm	♥♥
Tuesday	Body Tone Circuits	6.00 - 7.00pm	♥♥
Tuesday	Body Pump	7.05 - 8.05pm	♥♥
Wednesday	Fat Burn Aerobics	7.30 - 8.30pm	♥♥♥
Thursday	Yoga for Beginners	7.30 - 8.30pm	♥
Friday	Body Combat	6.00 - 7.00pm	♥♥

Stockwood Park Athletics Centre

Tel: 01582 722930

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

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



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 is also the ideal class to get an overall body workout and burn off those unwanted calories.



Aqua Fit

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

Body Combat

Explosively popular in clubs around the world, BODYCOMBAT® combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour-long energetic routine. It's a fiercely energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

Body Combat and Body Pump Technical Sessions

Designed for newcomers and beginners, Technical Sessions are an essential lead in class before you embark on a full hour long Body Pump or Body Combat session. Technical will help you get to grips with the moves and choreography so you can really enjoy the full workout.



Body Jam

With the emphasis as much on having fun as breaking a sweat, BODYJAM™ is an addictive fusion of dance and aerobic moves. The blend includes the latest sounds of hip-hop, funk and Latin music, together with the coolest sounds currently topping the charts.

Body Pump

The most successful group fitness programme in history, BODYPUMP® uses barbells and adjustable weights to tone and condition muscles, while raising metabolic rate for rapid fat-burning. Research has shown it to be "the world's fastest way to get in shape" with higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits.

Body Sculpture

Cardiovascular aerobics and body conditioning / toning provide a great combination workout. Aerobic routines are changed regularly and 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 & Tone

A boxing style circuit with a strong emphasis on improving heart and lung strength, through high energy boxing moves and toning exercises. The benefits of this type of training are too many to mention but for those people who like to calorie count and are interested in weight loss, this session is the one for you.



Chair Aerobics

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

Children's Dance Fit

This highly entertaining new class for young people aged 11-16 provides a dance orientated session but with a strong emphasis on improving overall fitness levels. There will be opportunities to use lots of gym equipment including light weights, balance balls, steps and more, but expect exciting choreography with urban moves of street dance too.

Circuit Training

This is a class for all abilities. Using weights, skipping ropes, medicine balls, aerobic steps and much more, you can pace yourself to work at your level. It's fun, very friendly and a total workout for all those muscle groups.

Core Stability

Core stability training helps 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 in particular. It's also 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.

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!

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 join in the fun.

Pilates

Pilates exercises focus on the core postural muscles. This helps to keep the body balanced and improve movement control. 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.

Ability is what you are capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.



Profiles Circuits

Profiles Circuits uses the latest LifeFitness gym equipment in our new Profiles Fitness Studio at Luton Regional Sports Centre. Coordinated by Profiles Fitness Instructors, the sessions focus on improving and developing heart and lung strength through high energy fitness training, combined with toning exercises performed on the machines.

Salsa Aerobics

It's a truly dynamic combination! Salsa dance moves and an aerobic work out can help to improve flexibility, increase stamina, strengthen your cardiovascular system, tone and tighten your body and shed excess body fat. And all to the rhythmic sound that is Salsa!

Spinning

Spinning is an 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! Choreographed routines make this a lively and fun exercise class. Include this session as part of your personal weekly fitness programme to help control weight and burn those calories.

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 a variety of exercises to tone the legs, hips, bums & tums with occasional use of steps, skipping ropes and weight bars.

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.

How to get started

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

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

Alternatively email info@activeluton.co.uk.

www.activeluton.co.uk