

Rivers Group Exercise

at Droitwich Spa Leisure Centre

Monday

9:30 - 10:30	Aerobics
9:30 - 10:30	Pilates*
10:30 - 11:30	Body Fusion
18:00 - 19:00	W8
18:00 - 19:00	Urban Rebound
18:30 - 19:30	Pilates*
19:00 - 20:00	On The Ball
19:00 - 20:00	Circuits
19:30 - 20:30	Pilates*
20:00 - 21:00	Riverlution

Tuesday

9:30 - 10:30	Urban Rebound
10:30 - 11:30	Walk'a'Weigh
10:30 - 11:30	Riverlution
11:00 - 12:00	H2O
18:00 - 19:00	Body Blitz
18:30 - 20:00	Drop In Yoga*
19:00 - 20:00	H2O
20:00 - 21:00	Zumba*

Wednesday

9:30 - 10:30	Bums, Tums & Thighs
9:30 - 10:30	Riverlution
10:30 - 11:30	50+ Workout
18:00 - 19:00	Urban Rebound
18:00 - 19:00	Pilates*
19:00 - 20:00	Circuits
19:15 - 20:15	Pilates*

Thursday

9:30 - 10:30	Urban Rebound
10:30 - 11:30	Riverlution
10:30 - 11:30	H2O
18:00 - 19:30	Yoga*
18:30 - 19:30	Riverlution
19:00 - 20:00	H2O
19:30 - 20:30	Abs Class
19:30 - 21:00	Yoga*

Friday

9:30 - 10:30	On The Ball
10:00 - 11:00	50+ Workout
10:30 - 11:30	Urban Rebound
17:00 - 18:00	Riverlution
18:00 - 19:00	Pilates*
19:00 - 20:00	Circuits
19:00 - 20:30	Yoga*

Saturday

9:30 - 11:00	Drop In Yoga*
--------------	----------------------

Sunday

9:30 - 10:30	Riverlution
10:30 - 11:30	Aerobics
18:30 - 19:30	Pole Dancing*

Key:

Studio		Main Pool	
Func Room		Main Hall	

Exercise Class Descriptions

Riverlution

Enjoy all the benefits of group cycling in a fun and lively setting. Instructors will guide you through a variety of positions, tempos and routines.

Bums, Tums & Thighs

A low impact workout that focuses on toning those 'problem areas'.

50+ Workout

Gentle cardio workout taken at your own pace, followed by toning and stretching exercise.

H2O

An invigorating pool based workout that gently conditions the body without excess strain on muscles and joints.

Pilates* (course)

Pilates develops the body uniformly, improving alignment through gentle toning and stretching exercises.

On the Ball

Using gym balls, this full body workout concentrates on toning the core muscles of the abdomen, lower back and bottom.

Yoga* (course)

Improving breathing, circulation, digestion and hormonal balance whilst strengthening the body and developing flexibility.

Abs Class

A class of innovative exercises that target the core muscles of the stomach and lower back.

Drop In Yoga*

All the benefits of a yoga course, but as a drop in class

Body Blitz

An all over body 'blitz' of muscular strength and cardiovascular endurance.

Walk'a'Weigh

A simple fast, fun and fat burning class that gives a superb total body workout.

Urban Rebound

Using trampettes, and played out to music, Urban Rebound is high paced fat burning workout.

Circuits

With lots of variation, this high intensity session burns fat whilst focussing on cardiovascular fitness and endurance.

Pole Dancing*

Making fitness fun, Pole Dancing is a superb workout of strength, flexibility and co-ordination.

Body Fusion

An invigorating mix of Tai-Chi, Yoga and Pilates.

Zumba*

Fusing hypnotic Latin music and easy-to-follow dance moves, the routines combine fast & slow rhythms plus resistance training to tone your body whilst burning fat.

Please Note:

- **£4.50 per class** unless course based.
- * Not included in Rivers Membership
- Classes suitable for 14yrs+