

Rivers Group Exercise

at Evesham Leisure Centre

Monday

09:30 - 10:30	50+
10:30 - 11:30	Bums, Tums, & Thighs
11:30 - 12:15	H2O
12:30 - 13:30	Pilates*
13:30 - 14:30	Pilates*
17:30 - 18:30	On The Ball
18:30 - 19:30	Resistanz
19:30 - 20:00	Ab Blast*
19:00 - 20:00	Zumba
20:00 - 21:00	Bums, Tums, & Thighs

Tuesday

09:30 - 10:30	Pilates*
10:00 - 11:00	Hi Lo Aerobics
10:30 - 11:30	Riverlution
18:00 - 19:00	Riverlution
18:00 - 19:00	Pilates*
19:00 - 20:00	Walk'a'Veigh
19:00 - 20:00	Kool Moves
20:00 - 21:00	Pilates*

Wednesday

09:30 - 10:30	Step
10:30 - 11:30	Zumba
17:00 - 18:00	Circuit
18:30 - 19:30	Boxit
18:00 - 19:00	Circuit
19:00 - 20:00	Zumba
19:00 - 20:00	Riverlution
19:30 - 20:15	H2O
20:00 - 21:00	Performance Pilates*
20:15 - 21:00	H2O

Thursday

10:00 - 11:00	50+
10:00 - 11:00	Riverlution
11:00 - 12:00	Bums, Tums, & Thighs
18:00 - 19:00	Body Conditioning
18:00 - 19:00	Pilates*
19:00 - 20:00	Circuits
19:00 - 20:00	On The Ball
20:00 - 21:00	Hi Lo Aerobics
20:00 - 21:00	Pole Dancing*
21:00 - 22:00	Pole Dancing*

Friday

09:30 - 10:30	Pilates*
10:30 - 11:30	Pilates*
10:30 - 11:30	Circuits
11:30 - 12:00	Ab Blast*
11:30 - 12:15	H2O
18:00 - 19:00	Circuits
19:00 - 20:00	Riverlution
19:30 - 20:30	H2O

Sunday

10:00 - 11:00	Circuits
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Please Note:

- £4.70 per class unless course based.
- * Not included in Rivers Membership
- Classes suitable for 14yrs+

Key:

Studio 1	Main Pool	
Studio 2	Studio Pool	
Main Hall		

Exercise Class Descriptions

50+

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

Ab Blast* (course)

Innovative exercises that target the core muscles in the stomach and back.

Body Conditioning

An all over body workout of muscular strength and endurance

Bums, Tums & Thighs

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

Circuits

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

H2O

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

Hi Lo Aerobics

An all over body workout focusing on muscular strength and cardiovascular endurance using dumbbells and resistance bands.

Kool Moves

Based on the fluid movements of martial arts, Kool Moves is a free flowing workout targeting fitness, flexibility and strength.

On the Ball

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

Performance Pilates* (course)

A challenging flexibility and core strengthening class to benefit and improve performance in other sports such as running and cycling.

Pilates* (course)

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

Pole Dancing*

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

Resistanz

A conditioning workout using dumbbells and body weight exercises.

Riverlution

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

Step

Played out to music, this classic step aerobics class is a low-impact fat burner & muscle toner.

Walk'a'Weigh

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

Zumba

Fusing Latin music and easy-to-follow dance moves. Fast & slow rhythms and resistance training are combined to tone your body whilst burning fat.

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