

Rivers Group Exercise

at Evesham Leisure Centre

Monday

9:30 - 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	Pathway to Yoga
19:00 - 20:00	Boxit
20:00 - 21:00	Bums, Tums, & Thighs

Tuesday

9:30 - 10:30	Pilates*
10:00 - 11:00	Body Blitz
10:30 - 11:30	Riverlution
18:00 - 19:00	Riverlution
18:00 - 19:00	Pilates*
19:00 - 20:00	Walk'a'Weigh
19:00 - 20:00	Kool Moves
20:00 - 21:00	Pilates*

Wednesday

10:00 - 11:00	Step
18:00 - 19:00	Circuits
18:00 - 19:30	Yoga Course*
19:00 - 20:00	Boxit
19:00 - 20:00	Riverlution
19:30 - 20:15	H2O
20:00 - 21:00	Step
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	Body Blitz
20:00 - 21:00	Pole Dancing*
21:00 - 22:00	Pole Dancing*

Friday

9:30 - 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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Key:

Studio 1		Main Pool	
Studio 2		Studio Pool	
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.

Pole Dancing*

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

Boxit

A boxing inspired aerobic and muscular workout that combines punches, kicks and knee strikes.

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.

Kool Moves

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

Circuits

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

Ab Blast (course)

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

Please Note:

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