

Rivers Group Exercise

at Pershore Leisure Centre

Monday

9:15 - 10:15	H2O
9:15 - 10:15	Bums, Tums & Thighs
10:30 - 11:30	50+ Workout
18:00 - 19:00	Body Conditioning
19:00 - 20:00	Circuits
19:00 - 20:00	Boxit
20:00 - 20:30	Ab Blast*

Tuesday

9:15 - 10:15	H2O
9:30 - 10:30	Step
11:00 - 12:00	50+ Workout
19:00 - 20:00	Aerobics
20:15 - 21:15	Pilates*

Wednesday

9:30 - 10:30	Bums, Tums & Thighs
18:00 - 19:00	Pilates*
19:00 - 20:00	H2O

19:00 - 20:00	Circuits
19:00 - 20:00	Step
20:00 - 21:00	Pilates*

Thursday

9:15 - 10:15	H2O
9:30 - 10:30	Pilates*
18:00 - 19:00	Pilates*
19:15 - 20:15	On The Ball
20:00 - 21:00	Bums, Tums & Thighs

Friday

9:30 - 10:30	Body Blitz
10:30 - 11:30	W8
19:00 - 20:00	Circuits
19:00 - 20:00	H2O
19:00 - 20:00	Zumba*

Key:

Studio		Main Pool	
Main Hall			

Exercise Class Descriptions:

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.

Body Blitz

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

Circuits

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

Ab Blast* (course)

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

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+