

Classes from
£3

AEROBICS

ENERGY

Spin £6

Monday: BV1 6:00pm - 6:45 pm
Tuesday: BV1 6:00pm - 6:45 pm
(PCDL)
Wednesday: BV1 6:00pm - 6:45 pm
Wednesday: BV1 7:00pm - 7:45 pm
Thursday: BV1 5:30pm - 6:15 pm
(Staff Spin)
Saturday: BV1 10:00am - 10:45 am

Legs, Tums and Bums £6

Tuesday: Hall 7:30pm - 8:15 pm

DANCE

Zumba £6

Monday: Hall 6:00pm - 6:45 pm

POWER

Ab Blast £3

Saturday: BV1 11:00am - 11:30am

Circuits £6

Wednesday: Hall 6:00pm - 7:00pm

SPIRIT

Yoga £6

Monday: BV1 7:00pm - 7:45 pm



Programme correct at time of print and is subject to change.
For up to date information and online booking/payments visit

CLASS DESCRIPTIONS

Spin

Spin is a high energy indoor cycling class. Led by a motivating Instructor, you will burn a massive amount of calories as well as tone your legs and improve your fitness levels all while singing along to some awesome tunes!

Legs, Tums and Bums

You can't beat a classic! This class is designed to target those stubborn areas... Legs! Bums! & Tums! The class is open to everyone and is suitable for beginners to advanced levels.

Zumba

Are you ready to party yourself into shape?! Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.

Ab Blast

What is says on the tin! Abs blast is a 30 minute floor based class, targeting your core. It is designed to focus on building strength and stability in your core muscles including your lower back.

Circuits

A full body workout including bodyweight exercises, cardio, core work and equipment based exercises, make your way around the circuit with a friend or on your own, the choice is yours! Not a single muscle will be missed!

Yoga

The traditional and proven strength and stretch class suitable for everyone including beginners and those with injuries. It is designed to develop core strength and to improve posture. Stretch, relax and centre your mind.



**BOOK
& PAY**

01780 765590

www.bordervillesportscentre.co.uk