

Exercise Classes

at the Dolphin Centre

Monday

18.00-19.00	Aerobics
18.00-19.00	Water Aerobics
19.00-19.30	Abs
19.30-20.30	Aerobics
19.15-20.15	Water Aerobics

Tuesday

9.30-10.00	Abs
10.00-11.00	Thighs Bums & Tums
11.00-12.00	Pilates
17.30-18.30	Yoga
18.30-19.15	Spinning
18.30-19.30	Pilates
18.30-19.30	Mixed Circuits
19.30-20.30	Pilates
19.30-20.30	Water Aerobics

Wednesday

9.15-10.15	Pilates
17.30-18.30	Pilates
18.30-19.30	Thighs Bums & Tums
19.30-20.30	Water Aerobics
19.30-20.30	Aerobics
20.30-21.00	Abs

Thursday

10.00-11.00	Aerobics
11.00-11.30	Yoga Tone
12.30-13.00	Abs
18.00-19.00	Mixed Circuits
18.30-19.30	20-20-20
18.30-19.15	Spinning
19.30-20.30	Water Aerobics
19.30-20.30	Body Conditioning

Friday

11.00-12.00	Water Aerobics
18.00-19.00	Yoga
18.15-19.00	Spinning

Saturday

9.30-10.30	Pilates
10.30-11.30	Pilates



Key:

Main Pool		Spin Studio	
Small Pool		Sports Hall	
Dance Studio			

Adult Sports Sessions

Monday

Over 50s Badminton	Sports Hall	14.00-16.00	£2.60
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Tuesday

Community Badminton	Sports Hall	11.30-13.30	£3.50
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Wednesday

Ladies Netball	Sports Hall	20.30-21.30	£3.60
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Thursday

Community Badminton	Sports Hall	19.00-20.30pm	£2.55
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Exercise Classes Descriptions

Aerobics

MED/HIGH

Classic class containing high and low impact exercises and floor work to improve your fitness level.

Water Aerobics

MEDIUM

An invigorating and fun workout in our pools that gently conditions your body without putting excess pressure on muscles and joints whilst improving level of fitness.

Abs

LOW/MED

Abs dedicates 30 minutes to the core muscles in the stomach and the back. It involves a variety of innovative exercises, targeting strength and stability of the core, encouraging overall balance and wellness throughout the body.

Thighs, Bums & Tums

LOW/MED

A low impact workout concentrating on those 'problem areas'. Firming and toning all major muscle groups to make you feel toned and invigorated.

Pilates

LOW/MED/HIGH

Pilates builds core strength, improves alignment, flexibility and co-ordination. It invigorates the mind, improves concentration and aids relaxation.

Mixed Circuits

ALL ABILITIES

Ideal for the more serious trainer. Improves strength, stamina and endurance.

20-20-20

MEDIUM

Twenty minutes of low/medium impact aerobics using hand weights, followed by twenty minutes of abdominals; finishing with twenty minutes of low body exercises – not for the faint hearted!

Body Conditioning

MEDIUM

This is a low to medium impact session toning the whole body, looking at core stability endurance and stamina. Particular attention is paid to the upper body, abs, bottom and legs.

Yoga

MEDIUM

The practice of yoga makes the body strong and flexible using dynamic and stretch postures. It improves balance, breathing, posture, circulation, digestion and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Yoga Tone

LOW/MED

A body conditioning class using simple strengthening techniques and stretching exercises while incorporating and using the therapeutic benefits of yoga.

Spinning


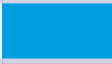


MED/HIGH

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

Please Note

1. Classes included in Fitness Room Membership
2. All Classes require pre booking, Fitness Room Members can do this up to 7 days in advance
3. Casual Users can book up to 6 days in advance, payment required with booking
4. Participants must be aged 16 or over

Key:

Swimming Pools		Spin Studio	
Dance Studio		Sports Hall	

The Dolphin Centre, School Drive, Bromsgrove B60 1AY
 T: 01527 881720, E: dolphin_gen@bromsgrove.gov.uk