

## KEY TO TYPES OF EXERCISE CLASSES

Aerobic	
<b>Aerobics</b>	Energetic cardiovascular workout which can be done high or low impact. Aerobics is ideal to improve fitness and burn calories. Easy to learn fun movement to music.
<b>Healthy Lifestyles Weight Management</b>	Sessions aimed at people who would not normally use a leisure centre, but want to start taking regular exercise and learn about leading a healthier lifestyle. Sessions involve a mixture of healthy lifestyle advice, gentle exercise classes and allow participants to monitor their own weight loss.
<b>Step Aerobics</b>	A workout performed on a step platform, great for cardiovascular training and toning those thighs and bum.
<b>Low Impact Aerobics</b>	An introductory gentle cardiovascular workout for the beginner to start you on your path to fitness.
<b>TOFFS</b>	An activity morning for the over fifties. You can take part in a low impact exercise class, use the pool, play badminton and table tennis, workout in the gym, or simply relax in the sauna.
<b>Boxercise</b>	Powerful, energetic fitness class using pads, gloves, punch bags and fitness moves used for boxing. It's fun and simple to do for both male and female. No previous experience necessary.

Circuit Training	
<b>Circuit</b>	Circuit training is simple to follow and an ideal way to get fit and stay fit. A session combining various aerobic and resistance exercise designed to be taken at your own pace.

Les Mills Training Systems	
<b>Body Pump</b>	An effective whole body resistance training programme using barbells which will shape and tone your muscles. This highly motivating class will develop strength and confidence.

Toning	
<b>Body Conditioning</b>	A workout to tone, sculpt and strengthen all the major muscles. Using a variety of toning exercises, this session will develop your overall fitness including strength, fat burning, increased muscle tone and will help improve posture and body awareness.

Mind & Body	
<b>Pilates</b>	A class that focuses on relaxation, breathing and posture. Will help you to improve your quality of movement and provide mental relaxation.

The Revolution - Group Indoor Cycling	
<b>Group Indoor Cycling</b>	Indoor cycling is a workout led by an instructor. Classes are extremely motivating, easy to follow and an effective fat burning workout. Let the instructor take you on a journey of unlimited imagination.

Aqua	
<b>Aqua Aerobics</b>	Ultimate low impact workout and total body toning. A refreshing form of exercise only water can provide. It is also an excellent first class to try if you are new to exercise. Non swimmers welcome.
<b>Deep Water Aqua</b>	Enjoyable class using a floatation belt and other aqua equipment. Deep water running is great for cross training and an excellent calorie burner. Water provides resistance for the body to work against which helps improve muscular strength and endurance. Suitable for all abilities.
<b>Swim-Fit</b>	Consisting of structured lane swimming sessions where an instructor will be on hand to give out programmes, stroke advice and inspire participants. Swim-Fit sessions are ideal training for fitness and toning. Minimum age of 18 years old for participants.
<b>Aqua Natal</b>	Ante Natal, GP Referral and Specialist Population. Short gentle aerobic session tailored for to each individual. All participants must be pre-screened.

## Francis Scaife Sports Centre

### Exercise Class Programme



Francis Scaife Sports Centre Burnby Lane Pocklington YO42 2QE  
Tel: 01759 305052 Fax: 01759 305052

[www.francisscaifesportscentre.co.uk](http://www.francisscaifesportscentre.co.uk)



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