

Start	End	Name of Class
<b>Monday</b>		
9.10am	9.55am	Spin
10.00am	11.00am	Senior Easy Circuits
12.00pm	12.45pm	Aqua Bootcamp 14+
5.15pm	6.15pm	Kettlercise
6.00pm	6.45pm	Spin
6.30pm	7.30pm	Boxercise
7.30pm	8.00pm	Express Core
8.00pm	9.00pm	Yoga 14+
<b>Tuesday</b>		
10.15am	11.15am	Pilates 14+
10.45am	11.30am	Beginners Spin
12.00pm	12.45pm	Aqua Aerobics 14+
5.15pm	6.00pm	Step Circuit 14+
6.00pm	7.00pm	20,20,20 14+
6.15pm	7.00pm	Spin
7.00pm	7.45pm	Mokyfit 14+
7.10pm	7.55pm	Spin
7.45pm	8.45pm	Callanetics 14+
<b>Wednesday</b>		
7.00am	7.30am	Express Spin
9.10am	9.55am	Spin

10.00am	11.00am	20,20,20 (Easy) 14+
5.15pm	6.00pm	Spin
5.30pm	6.00pm	Metafit
5.30pm	6.15pm	Aqua Aerobics 14+
6.00pm	6.45pm	Spin
6.00pm	7.00pm	Piloxing 14+
7.00pm	8.00pm	Circuits
8.00pm	9.00pm	Yoga 14+
<b>Thursday</b>		
10.00am	10.45am	Spin
5.00pm	5.45pm	Spin
5.15pm	6.00pm	Boxercise
6.00pm	6.30pm	Express Pump
6.00pm	6.45pm	Spin
6.30pm	7.00pm	Express Step 14+
7.00pm	7.45pm	Mokyfit 14+
<b>Friday</b>		
9.15am	10.00am	Pump Fitness
10.00am	11.00am	Pilates 14+
10.30am	11.15am	Beginners Spin
1.15pm	2.15pm	Yoga 14+
5.00pm	6.00pm	Kettlercise
5.15pm	6.00pm	Spin

Saturday		
9.15am	10.00am	Kettlebells
9.15am	10.00am	Spin
10.00am	11.00am	Pilates 14+
Sunday		
9.45am	10.30am	Spin
10.30am	11.00am	Express Piloxing 14+
11.00am	12.00pm	20,20,20 14+
12.00pm	12.30pm	Express Hips, Bums & Tums 14+

N.B. If you do not swipe your attendance to class within 5 minutes prior to class starting, you may lose your space, due to others waiting to attend.

The symbol 14+ indicates classes that 14 & 15 year olds can access.

Management reserve the right to alter these classes as and when required  
Please be courteous to your fellow group fitness participants and cancel your booking if you are unable to attend.



Please report to reception or use kiosk to receive your ticket and record your attendance.

All clients should tick their name on the class list provided when entering studio/hall.

A client booking a class just before the class starts will be required to hand their receipt to the instructor to show proof of payment/booking.

As the warm-up is very important, please turn up five minutes before the class (wearing the correct clothing i.e. trainers and workout wear). Your instructor reserves the right to refuse entry to a class if you are wearing unsuitable clothing or are late for any class commencing.

No refunds will be given if you are late to a class.

Please be courteous to your fellow group fitness participants and cancel your booking if you are unable to attend.

West Dunbartonshire Leisure, reserve the right to change without notice the content and times of any of the advertised classes on our present Group Fitness Programme.

Start	End	Name of Class
<b>Monday</b>		
9.15am	10.00am	Spin
10.00am	10.45am	Body Pump
10.45am	11.30am	Body Balance <b>14+</b>
11.00am	11.45am	Aqua Aerobics <b>14+</b>
5.15pm	6.00pm	Spin
5.30pm	6.15pm	Core Circuits
6.00pm	6.45pm	Spin
6.15pm	7.00pm	Body Combat <b>14+</b>
7.00pm	7.45pm	Aqua Aerobics <b>14+</b>
7.15pm	8.15pm	Yoga <b>14+</b>
<b>Tuesday</b>		
7.00am	7.30am	Metafit
7.30am	8.00am	Express Spin
9.45am	10.30am	Senior Easy Exercise
12.00pm	12.45pm	Spin
5.00pm	5.30pm	Metafit
5.30pm	6.30pm	Body Pump
6.00pm	7.00pm	Callanetics <b>14+</b>
6.15pm	7.00pm	Spin
7.00pm	7.45pm	Body Combat <b>14+</b>

<b>Wednesday</b>		
10.10am	10.55am	Body Pump
11.00am	11.45am	Aqua Aerobics <b>14+</b>
11.00am	12.00pm	Yoga <b>14+</b>
12.15pm	1.00pm	Body Combat <b>14+</b>
5.15pm	6.00pm	Spin
6.00pm	7.00pm	Body Pump
7.00pm	8.00pm	Body Balance <b>14+</b>
7.00pm	7.45pm	Aqua Aerobics <b>14+</b>
<b>Thursday</b>		
9.15am	10.00am	Spin
9.30am	10.15am	<b>PRAMA</b> Combat <b>14+</b>
10.35am	11.30am	Senior Easy Exercise
5.15pm	6.00pm	<b>PRAMA</b> Hips, Bums & Tums <b>14+</b>
6.00pm	6.45pm	Spin
6.00pm	7.00pm	Yoga <b>14+</b>
7.00pm	7.45pm	Powerhoop
<b>Friday</b>		
7.00am	7.30am	Metafit
7.30am	8.00am	Express Spin
9.15am	10.15am	Body Pump
10.30am	11.15am	Aqua Aerobics <b>14+</b>

11.30am	12.15pm	Spin
12.00pm	12.45pm	Yoga <b>14+</b>
4.30pm	5.00pm	Express Spin
5.00pm	5.30pm	Express Spin
5.15pm	6.00pm	Body Combat <b>14+</b>
5.45pm	6.45pm	Yoga <b>14+</b>
<b>Saturday</b>		
9.15am	10.00am	Spin
10.00am	10.45am	Body Pump
11.00am	12.00pm	Yoga <b>14+</b>
<b>Sunday</b>		
9.15am	10.00am	Spin
10.00am	11.00am	Body Combat <b>14+</b>
11.00am	12.00pm	Pilates <b>14+</b>

# LesMILLS

@ Clydebank Leisure Centre

## LESMILLS BODYPUMP

### BODY PUMP

The full-body weights workout, bodypump is for anyone looking to get lean, toned and fit - fast.

## LESMILLS BODYCOMBAT

### BODY COMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

## LESMILLS BODYBALANCE

### BODY BALANCE

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centred.



Leisure

Meadow Centre: **01389 734094**

Vale of Leven Swimming Pool: **01389 756931**

Clydebank Leisure Centre: **0141 951 4321**

Book Online at [www.wdleisure.net](http://www.wdleisure.net)

Company No. SC413707 VAT Registration No. GB 129 7502 04 Charity No: SC042999



The symbol **14+** indicates classes that 14 & 15 year olds can access.

Start	End	Name of Class
<b>Monday</b>		
7.00am	7.30am	Express Spin
9.15am	10.00am	Spin
9.15am	10.15am	Pilates 14+
9.30am	10.30am	Kettlercise
10.30am	11.30am	Senior Easy Exercise
12.15pm	12.45pm	Metafit
5.30pm	6.30pm	Mokyfit 14+
5.45pm	6.15pm	Express Spin
6.00pm	7.00pm	Kettlercise
6.30pm	7.15pm	Spin
6.30pm	7.30pm	Yoga 14+
7.00pm	7.30pm	Metafit
7.30pm	8.15pm	Core Circuits
7.30pm	8.30pm	Kettlercise
<b>Tuesday</b>		
7.00am	7.30am	Metafit
9.15am	10.00am	Beginners Spin
9.30am	10.30am	Senior Easy Exercise
10.30am	11.15am	Pump Fitness
11.30am	12.30pm	Rock and Strollers
12.00pm	12.30pm	Express Pilates 14+
12.30pm	1.00pm	Express Spin
5.15pm	6.15pm	Kettlercise
6.00pm	6.30pm	Metafit
6.15pm	7.00pm	Spin
6.30pm	7.00pm	Metafit

7.00pm	7.45pm	Spin
7.00pm	8.00pm	Hips, Bums & Tums 14+
7.30pm	8.15pm	Aqua Aerobics 14+
8.00pm	9.00pm	Pilates 14+
<b>Wednesday</b>		
9.30am	10.30am	Kettlercise
10.00am	10.45am	Aqua Aerobics 14+
11.00am	11.45am	Spin
11.15am	12.15pm	Pilates 14+
12.15pm	12.45pm	Metafit
5.00pm	6.00pm	Kettlebells
5.45pm	6.45pm	Yoga 14+
6.00pm	6.45pm	Beginners Spin
6.45pm	7.30pm	Spin
7.00pm	8.00pm	Mokyfit & Abs 14+
7.30pm	8.15pm	Spin
8.15pm	9.00pm	Yoga 14+
<b>Thursday</b>		
10.15am	11.00am	Spin
11.15am	12.15pm	Senior Easy Circuits
12.30pm	1.00pm	Express Core
5.30pm	6.15pm	AeroCombat 14+
6.00pm	6.45pm	Spin
6.15pm	6.45pm	Metafit
6.15pm	7.00pm	Powerhoop
6.45pm	7.15pm	Metafit
7.00pm	8.00pm	Kettlercise
7.30pm	8.15pm	Aqua Aerobics 14+

7.30pm	8.00pm	Express Pilates 14+
8.00pm	9.00pm	Pilates 14+
<b>Friday</b>		
7.00am	7.30am	Metafit
9.10am	9.55am	Core Circuits
9.15am	10.00am	Easy Piloxing 14+
10.00am	10.30am	Express Spin
12.15pm	12.45pm	Metafit
5.30pm	6.00pm	Express Pump
5.30pm	6.15pm	Spin
6.00pm	6.30pm	Metafit
6.30pm	7.15pm	Core Circuits
<b>Saturday</b>		
9.05am	9.50am	Spin
9.15am	9.45am	Metafit
9.15am	10.15am	Yoga 14+
10.00am	10.45am	Spin
11.30am	12.30pm	Pilates 14+
<b>Sunday</b>		
10.00am	10.45am	Spin
11.00am	12.00pm	Kettlercise
4.15pm	5.00pm	Core Circuits

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## PRAMA

Hips, Bums & Tums – Strengthening & Toning the aforementioned areas  
Combat – A mixture of stations using inspiration from martial arts

## Pump Fitness

High intensity workout, combining cardiovascular and weight training. All your major muscle groups will be given a workout to remember.

## ROCK AND STROLLERS

This class is taught by a fully trained post natal instructor and allows mum the opportunity to exercise with like minded mums. Class consists of a number of low impact stations focusing on strength (especially pelvic floor), toning and increasing fitness levels. Baby must be in pram or buggy as this is used in within the class.

## Senior Easy Exercise

Low impact exercise class, consisting of aerobic and toning moves. Ideal for beginners.

## Step Circuit

A fantastic butt-blasting workout using the infamous step board. Get ready to sweat!

## Spin

A cardiovascular cycling class – the ultimate calorie killer! Go at your own pace and enjoy a group exercise session full of motivation and sweat! (bring your own water and towel)

## T'ai Chi

This class will teach clients how to relax, build strength, increase flexibility and gain energy.

## Yoga

Yoga lets you tune in, chill out and shape up all at the same time! Yoga can also be beneficial in helping you manage or control a wide range of ailments such as anxiety, asthma, back pain, blood pressure, fatigue, headaches and stress.

# CLASS DESCRIPTIONS

## 20,20,20

20 Minutes of step, 20 minutes of aerobics and 20 minutes of body toning. A fantastic all over workout.

## Aero Combat

A dynamic and active class combining fitness with movements from kickboxing and martial arts.

## Aqua Aerobics

A fun invigorating all over body workout in the water designed to burn calories. Although water based, swimming ability is not required.

## Boxercise

Boxercise combines boxing and exercise to create a fun & stress busting class benefiting your fitness, co-ordination and balance. An energetic and addictive class.

## Callanetics

The M.A.E technique is a unique exercise programme that uses small precise pulses, flicks, and rotational motions to tighten and shape the body.

## Core Circuit

This class aims to strengthen the muscles of the stomach, back, hips and upper legs. Using equipment such as dumbbells, stability balls and your own body weight, you'll discover muscles that you had long forgotten.

## Hips, Bums & Tums

Aerobic and toning simple and fun, calorie burning routines combined with floor work. Aimed at tightening and toning those bums, tums and other bits.

# CLASS DESCRIPTIONS

## Insanity

A cardio based, total-body conditioning class-an explosive workout packed with plyometric drills on top of non-stop intervals of strength, power, resistance and core training moves. Get ready to dig deep!

## Kettlercise / Kettlebells

Kettlercise is a very effective toning class particularly for the legs, bum, hips & stomach. Using a weighted Kettlebell you will notice improvements in your body shape as well as your fitness levels within just a few sessions.

## Metafit

Burn fat while you sleep with METAFIT – the 30 minute bodyweight workout that keeps on working!

## Moky Fit

A fun aerobic workout which uses big chart hits and easy to follow dance moves designed to give a fun but intense cardiovascular and full body sculpting workout.

## Pilates

Pilates is designed to improve posture, balance and develop strength and stability. You will walk taller, lose inches, and have flatter abs and a stronger back. Each class is designed for beginners but there are progressions for more advanced clients.

## Piloxing

A fun, high energy interval workout guaranteed to whip you into shape, using the fitness concepts Pilates and Boxing. Burn calories, sculpt your muscles and KICK ASS gracefully!

## PIYO

A music inspired low impact workout with dynamic flowing movements inspired by they best of Pilates and Yoga.

## Powerhoop

Trim your waist, strengthen your core and burn calories using the original weighted hoop. You will be astonished by the results!



Jan - Apr 2020

Issue 11



# TAKE A LEAP

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# £20

Clydebank Leisure Centre  
Meadow Centre, Dumbarton  
Vale of Leven Swimming Pool

[www.wdleisure.net](http://www.wdleisure.net)



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Delivering services on behalf of West Dunbartonshire Council



# Group Fitness Programme