


GET UP AND GET ACTIVE!

Welcome to our extensive range of sports and activities. Whether you are a complete beginner or want to improve your skills, we have something to suit you.

Our experienced and friendly staff will ensure that, whatever you choose will be enjoyable and effective.

Here we have a range of activities, but we also offer the following sports to help kick start that active lifestyle.

Badminton, Tennis, Basketball, Football, Trampolining, Dance and Gymnastics plus more! 

COME AND HAVE A GO!

CENTRE OPENING TIMES

Monday – Saturday 6.30 – 22.30
Sunday 7.00 – 22.30

CRÈCHE OPENING TIMES

Monday – Friday 9.00 – 16.00
Saturday 9.30 – 12.30



White Horse Leisure and Tennis Centre
01235 540700

CONTACT US OR VISIT US ONLINE AT
WWW.ACTIVENATION.ORG.UK

ACTIVITY DESCRIPTIONS



MOVE

An intense cardio workout that gets you moving to a series of co-ordinated routines.

POWER

If strength and toning is your thing, then this is it. You will be using weight training to build, tone and define.

CORE

Build your inner strength and tone those abs! Washboard stomach here we come!

EXPRESS

In a rush? These classes are designed to help you get the most out of a quick 15 minute workout.

SWITCH

Variety is the spice of life! So spice up your workout by getting involved in a class that gives you the best bits from all the categories.

SHAPE

Fancy shedding a few pounds and beating those bingo wings? Our shape classes are focused on helping you to fight that flab.



SPORT

If you're looking to improve your sporting performance, there is plenty you can achieve in our range of classes. Our sport classes can develop your target speed, agility and strength to get the most out of your game.

SPLASH

Water based exercise is a great low impact workout. Aqua classes focus on cardio activity and toning.

MIND

Get your mind and body aligned in harmony! Use these exercises to de-stress and improve your state of mind.

HEALTH

A range of classes that promote health and recovery.



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THE WHITE HORSE LEISURE CENTRE ACTIVITY SCHEDULE

Valid from 1st April – 30th June 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
 <p>KEY</p> <ul style="list-style-type: none"> ■ MOVE ■ POWER ■ CORE ■ EXPRESS ■ SWITCH ■ SHAPE ■ SPORT ■ SPLASH ■ MIND ■ SPAR ■ HEALTH 	RPM 6.45 – 7.30 STUDIO 2 BODY PUMP 7.30 – 8.30 MAIN HALL RPM 9.30 – 10.30 STUDIO 2 BODY COMBAT 9.30 – 10.30 MAIN STUDIO OPEN BADMINTON* 9.30 – 11.30 MAIN HALL BODY BALANCE 10.30 – 11.30 MAIN STUDIO HEALTH WALK 10.15 – 11.30 FOYER YOGA MIX 11.30 – 13.00 MAIN STUDIO	BODY BALANCE 7.00 – 7.45 MAIN STUDIO NEW BODY 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 STUDIO 2 NIFTY FIFTY 10.30 – 11.30 MAIN STUDIO ZUMBA 10.30 – 11.30 SQUASH CRT BODY PUMP 11.30 – 12.30 MAIN HALL BODY STEP 11.30 – 12.30 MAIN STUDIO TODDLER BALLET 11.30 – 12.00 SQUASH COURTS	RPM 6.45 – 7.30 STUDIO 2 BODY STEP 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 STUDIO 2 BOXERCISE 9.30 – 10.30 MAIN HALL CARDIO TENNIS** 10.00 – 11.00 TENNIS HEALTH WALK 10.15 – 11.30 FOYER YOGA – INTERMEDIATE 10.30 – 12.00 MAIN STUDIO	BODY BALANCE 7.00 – 7.45 MAIN STUDIO BODY COMBAT 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 STUDIO 2 ADULT BEGINNER TRAMPOLINING 9.30 – 10.30 MAIN HALL BADMINTON COACHING* 9.30 – 11.00 MAIN HALL FITBALL 10.30 – 11.30 MAIN STUDIO ANTE NATAL YOGA 11.30 – 12.30 MAIN STUDIO AQUA ZUMBA 12.30 – 13.15 MAIN POOL	RPM 7.30 – 8.30 STUDIO 2 AEROBICS 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 GYM NIFTY FIFTY 10.30 – 11.30 MAIN STUDIO ZUMBA 10.30 – 11.30 SQUASH CRT YOGA – INTERMEDIATE 11.30 – 13.00 MAIN STUDIO	AEROBICS 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 STUDIO 2 TAP DANCE 4-6YRS 10.00 – 10.45 SQUASH COURTS TAP DANCE 7-8YRS 11.00 – 11.45 SQUASH COURTS TEEN FITNESS 10.00 – 11.00 GYM FAMILY FITNESS 10.45 – 11.45 GYM TEEN FITNESS 10.00 – 11.00 GYM FAMILY FITNESS 10.00 – 19.00 GYM BODY COMBAT 10.30 – 11.30 MAIN STUDIO RPM 10.30 – 11.30 STUDIO 2 ABS ONLY 11.30 – 12.00 MAIN STUDIO TAP/MODERN DANCE 9-11YRS 11.30 – 12.15 SQUASH COURTS	BODY JAM 9.30 – 10.30 MAIN STUDIO RPM 9.30 – 10.30 STUDIO 2 TEEN FITNESS 10.00 – 11.00 GYM FAMILY FITNESS 10.45 – 11.45 GYM DISCOVER BALANCE 10.30 – 10.45 MAIN STUDIO BODY BALANCE 10.45 – 11.45 MAIN STUDIO BODY PUMP 10.45 – 11.45 MAIN HALL	
	 <p>EXERCISE INTENSITY</p> <ul style="list-style-type: none"> 1 DISCOVER 2 EXPLORE 3 EXCEL 	AQUA NATAL 12.00 – 13.00 POOL RPM 12.30 – 13.15 STUDIO 2 BODY PUMP EXPRESS 12.30 – 13.15 MAIN HALL PHYSIO 13.00 – 14.00 MAIN STUDIO FAMILY FITNESS 15.00 – 17.30 GYM TEEN FITNESS 16.00 – 17.30 GYM BADMINTON COURSE* 8-11YRS 17.00 – 18.00 MAIN HALL BODY STEP EXPRESS 17.15 – 18.00 MAIN STUDIO	AQUA AEROBIC 12.00 – 13.00 MAIN POOL RPM 12.30 – 13.15 STUDIO 2 BODY COMBAT EXPRESS 12.30 – 13.15 MAIN STUDIO FAMILY FITNESS 15.00 – 17.30 GYM TEEN FITNESS 16.00 – 17.30 GYM BADMINTON COURSE* 12-17YRS 17.00 – 18.30 MAIN HALL TRAMPOLINING COURSE* 17.30 – 18.30 MAIN HALL	YOGA 50+ 12.00 – 13.00 MAIN STUDIO RPM 12.30 – 13.30 STUDIO 2 OPEN BADMINTON* 13.30 – 15.30 MAIN HALL FAMILY FITNESS 15.00 – 17.30 GYM FIT 4 FUN 16.00 – 17.00 MAIN STUDIO TEEN FITNESS 16.00 – 17.30 GYM FOOTBALL COURSE* 3-4YRS 16.00 – 16.45 MAIN HALL LITTLE GROOVERS 5-12YRS 17.00 – 18.00 MAIN STUDIO	BODY BALANCE 12.30 – 13.30 MAIN STUDIO RPM 12.30 – 13.15 STUDIO 2 BOOTCAMP 12.30 – 13.30 OUTDOORS FAMILY FITNESS 15.00 – 17.30 GYM TEEN FITNESS 16.00 – 17.30 GYM FOOTBALL COURSE* 5-8YRS 16.00 – 17.00 MAIN HALL KIDS BOXERCISE 17.00 – 18.00 MAIN STUDIO RPM 17.30 – 18.30 STUDIO	RPM 12.30 – 13.30 STUDIO 2 BODY BALANCE 13.00 – 14.00 MAIN STUDIO FAMILY FITNESS 15.00 – 17.30 GYM TEEN FITNESS 16.00 – 17.30 GYM	TRAMPOLINING COURSE* 13.00 – 14.00 MAIN HALL TRAMPOLINING COURSE* 14.00 – 15.00 MAIN HALL TRAMPOLINING COURSE* 15.00 – 16.00 MAIN HALL TEEN FITNESS 16.00 – 17.30 GYM	TEEN FITNESS 15.00 – 16.00 GYM
			RPM 17.30 – 18.30 STUDIO 2 AEROBICS 18.00 – 19.00 MAIN STUDIO RPM 18.30 – 19.30 STUDIO 2 FITBALL 19.00 – 20.00 MAIN STUDIO BODY PUMP 19.00 – 20.00 MAIN HALL AQUA 19.00 – 20.00 MAIN POOL RPM 20.00 – 21.00 STUDIO 2 ZUMBA 20.00 – 21.00 MAIN STUDIO	DISCOVER RPM 17.45 – 18.00 STUDIO 2 RPM 18.00 – 19.00 STUDIO 2 ZUMBA 18.00 – 19.00 MAIN STUDIO SWIMTRAIN* 18.15 – 19.15 MAIN POOL CIRCUITS 18.30 – 19.30 MAIN HALL TRAMPOLINING COURSE* 18.30 – 19.30 MAIN HALL BODY STEP 19.00 – 20.00 MAIN STUDIO RPM 19.00 – 20.00 STUDIO 2 LBT 19.30 – 20.30 MAIN HALL BODY BALANCE 20.00 – 21.00 MAIN STUDIO	BODY JAM 18.00 – 19.00 MAIN STUDIO RPM 18.00 – 19.00 STUDIO 2 BODY PUMP 18.00 – 19.00 MAIN HALL BODY COMBAT 19.00 – 20.00 MAIN STUDIO DISCOVER RPM 19.00 – 19.15 STUDIO 2 AQUA AEROBIC 19.15 – 20.15 MAIN POOL AEROBICS – BEGINNERS 19.15 – 20.15 SQUASH CRT RPM 19.15 – 20.15 STUDIO 2 FAMILY FITNESS 20.00 – 21.30 GYM	BODY PUMP 18.00 – 19.00 MAIN HALL LBT 18.00 – 19.00 MAIN STUDIO RPM 18.30 – 19.30 STUDIO 2 BODY STEP 19.00 – 20.00 MAIN STUDIO BOXFIT CIRCUITS 19.00 – 20.00 MAIN HALL BODY BALANCE 20.00 – 21.00 MAIN STUDIO ZUMBA 20.00 – 21.00 SQUASH COURTS	SWIMTRAIN* 18.00 – 19.00 MAIN POOL RPM 18.00 – 19.00 STUDIO 2 BODY COMBAT 18.30 – 19.30 MAIN STUDIO FAMILY FITNESS 20.00 – 21.30 GYM	DISCOVER COMBAT 17.45 – 18.00 MAIN STUDIO BODY COMBAT 18.00 – 19.00 MAIN STUDIO TAI CHI COURSE* 19.00 – 20.00 MAIN STUDIO OPEN BADMINTON 19.30 – 21.30 MAIN HALL BODY BALANCE 20.00 – 21.00 MAIN STUDIO

Managed on behalf of
Vale of White Horse District Council
by Active Nation

