


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, Trampoline, Dance and Gymnastics plus more! 

COME AND HAVE A GO!

YARBOROUGH OPENING TIMES

Monday – Friday **6.30 – 23.00**
 Saturday **7.00 – 21.00**
 Sunday **7.45 – 22.15**

BIRCHWOOD OPENING TIMES

Monday – Friday **9.00 – 22.00**
 Saturday **9.00 – 17.00**
 Sunday **9.00 – 17.00**

YARBOROUGH GYM OPENING TIMES

Monday – Friday **6.30 – 21.30**
 Saturday **8.00 – 18.00**
 Sunday **8.00 – 18.00**

BIRCHWOOD GYM OPENING TIMES

Monday – Thursday **9.00 – 21.00**
 Saturday **9.00 – 20.00**
 Sunday **9.00 – 17.00**

Yarborough Leisure Centre

01522 873600

Birchwood Leisure Centre

01522 873696

Typetalk users add prefix 18001

Fax 01522 541443

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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Roll your mouse over the text you wish to read. A tag will display indicating you can zoom in. Click your mouse to zoom in on the text in that area.

Click this icon to return to full page view.



The latest activity schedule is also available on our website or call the Centre for more details. We update our activity schedule, so do please give us feedback as it helps us improve our services to you. 

LINCOLN ACTIVITY SCHEDULE

Valid from 1st April – 30th June 2012

BIRCHWOOD LEISURE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	X-TRAIN 9.30 – 10.00 FITNESS SUITE £2.70 3	LBT (LEGS, BUMS, TUMS) 9.30 – 10.30 STUDIO £3.80 3	DISCOVER PUMP (TECH) 9.15 – 9.30 STUDIO FREE 3	STUDIO CYCLING 9.30 – 10.15 STUDIO £3.50 3	HEALTHY HEART CIRCUITS GP 9.00 – 10.00 BIRCHWOOD LEISURE CENTRE £2.50 1	ULTIMATE CYCLING 8.30 – 9.30 STUDIO £3.80 3	DISCOVER COMBAT (TECH) 10.15 – 10.30 GYMNASIUM FREE 3
	STEP 9.30 – 10.15 STUDIO £3.50 3	ZUMBA® GP 9.30 – 10.15 BIRCHWOOD LEISURE CENTRE £3.50 3	BODY PUMP 9.30 – 10.30 STUDIO £3.80 3	BODY BALANCE GP 10.30 – 11.30 STUDIO £3.80 3	X-TRAIN 9.30 – 10.00 FITNESS SUITE £2.70 3	FUN ON THE RUN 9.30 – 10.00 FITNESS SUITE £2.70 3	BODY COMBAT 10.30 – 11.30 GYMNASIUM £3.80 3
	ZUMBA® DANCE FITNESS 10.30 – 11.30 STUDIO £3.80 3	BODY BALANCE 10.30 – 11.30 STUDIO £3.80 3	CORE AND STRETCH GP 10.30 – 11.00 STUDIO £2.70 3		LEGS, BUMS & TUMS GP 9.30 – 10.30 STUDIO £3.80 3	BODY COMBAT 9.45 – 10.45 GYMNASIUM £3.80 3	
	PILATES GP 11.30 – 12.30 BIRCHWOOD LEISURE CENTRE £3.80 3	ACTIVE NATION HEALTHWALK FREE 10.45 – 11.45 OUTDOOR 1	PILATES GP 10.30 – 11.30 BIRCHWOOD LEISURE CENTRE £3.80 3		BODY PUMP EXPRESS 10.45 – 11.30 STUDIO £3.50 1	BODY PUMP 9.45 – 10.45 STUDIO £3.80 3	
					CORE BALANCE GP 11.45 – 12.30 STUDIO £3.50 3	ZUMBA® GP 10.00 – 11.00 BIRCHWOOD LEISURE CENTRE £3.80 3	
	CYCLE EXPRESS 12.30 – 13.00 STUDIO £2.70 3	BODY PUMP EXPRESS (45MIN) 12.00 – 12.45 STUDIO £3.50 1	STUDIO CYCLING 12.30 – 13.15 BIRCHWOOD LEISURE CENTRE £3.50 3	ZUMBA® DANCE FITNESS 12.30 – 13.30 STUDIO £3.80 3	CYCLE EXPRESS 12.30 – 13.00 STUDIO £2.70 3		
	GENTLE AEROBICS GP 13.30 – 14.15 STUDIO £3.50 1	STUDIO CYCLING 12.30 – 13.15 BIRCHWOOD LEISURE CENTRE £3.50 3	ABS BLAST 13.30 – 14.00 BIRCHWOOD LEISURE CENTRE £2.70 3	EASY TONE GP 13.45 – 14.30 STUDIO £3.50 1			
	GENTLE TONE GP 14.15 – 14.45 STUDIO £2.70 1	GENTLE SALSA GP 13.30 – 14.15 STUDIO £3.50 1		PILATES GP 14.45 – 15.30 STUDIO £3.50 3			
	50+ MIND & BODY 15.00 – 15.45 STUDIO £2.20 3	AB BLAST GP 13.30 – 14.00 BIRCHWOOD LEISURE CENTRE £2.70 3					
		GENTLE PILATES 14.30 – 15.15 STUDIO £3.50 1					
	BIKE & ABS 17.30 – 18.30 STUDIO £3.80 2	DISCOVER STUDIO CYCLING (30MIN) 17.00 – 17.30 STUDIO £2.70 1	ULTIMATE CYCLING 17.30 – 18.30 STUDIO £3.80 3	DISCOVER PUMP (TECH) FREE 17.15 – 17.30 STUDIO 3	DISCOVER STUDIO CYCLING 17.15 – 17.45 STUDIO £2.70 1		
	BODY BLAST 18.00 – 18.45 GYMNASIUM £3.50 2	CIRCUIT TRAINING 17.00 – 18.00 GYMNASIUM £3.50 2	ZUMBA® DANCE FITNESS GP 18.00 – 18.45 GYMNASIUM £3.50 3	BODY PUMP 17.30 – 18.30 STUDIO £3.80 3	ZUMBA® FAMILY FITNESS GP 17.15 – 18.00 GYMNASIUM £3.50 3		
	STUDIO CYCLING 18.30 – 19.15 STUDIO £3.50 2	STUDIO CYCLING 17.45 – 18.30 STUDIO £3.50 2	BODY BALANCE 18.30 – 19.30 STUDIO £3.80 3	CIRCUIT TRAINING 17.30 – 18.30 GYMNASIUM £3.50 2	BIKE & ABS 18.00 – 19.00 STUDIO £3.80 2		
	STUDIO CYCLING 18.00 – 18.45 BIRCHWOOD LEISURE CENTRE £3.50 2	BODY COMBAT 18.00 – 19.00 BIRCHWOOD LEISURE CENTRE £3.80 3	CARDIO KICK 18.30 – 19.30 BIRCHWOOD LEISURE CENTRE £3.80 3	STUDIO CYCLING 17.45 – 18.30 BIRCHWOOD LEISURE CENTRE £3.50 3	SALSA GP 18.30 – 19.15 GYMNASIUM £3.50 3		
	BOLLYWOOD DANCE GP 18.45 – 19.45 BIRCHWOOD LEISURE CENTRE £3.80 3	HEALTHY HEART CIRCUITS GP 18.40 – 19.40 SQUASH COURT £2.50 1	FORCES FITNESS CIRCUIT 19.00 – 20.00 OUTDOORS £2.50/£3.50 3	BODY COMBAT 1 18.30 – 19.30 GYMNASIUM £3.80 3	PILATES 19.15 – 20.15 STUDIO £3.80 2		
	BODY COMBAT 18.50 – 19.50 GYMNASIUM £3.80 3	ZUMBA® DANCE FITNESS GP 19.00 – 20.00 BIRCHWOOD LEISURE CENTRE £3.80 3	BODY COMBAT 19.00 – 20.00 GYMNASIUM £3.80 3	STEP AEROBICS 18.45 – 19.45 STUDIO £3.80 2			
	AQUA GP 18.50 – 19.30 POOL £3.50 3	BUNS OF STEEL 18.00 – 18.45 GYMNASIUM £3.50 2	BOLLYWOOD DANCE GP 19.30 – 20.30 BIRCHWOOD LEISURE CENTRE £3.80 3	YOGA GP 19.00 – 20.00 BIRCHWOOD LEISURE CENTRE £3.50 3			
	FORCES FITNESS CIRCUIT 19.00 – 20.00 OUTDOORS £2.50/£3.50 3	BODY PUMP 18.45 – 19.45 STUDIO £3.80 3	GRACEFUL FLOW YOGA 19.45 – 20.45 STUDIO £4.30 2	BODY COMBAT 2 19.30 – 20.30 GYMNASIUM £3.80 3			
	BODY COMBAT 19.00 – 20.00 BIRCHWOOD LEISURE CENTRE £3.80 3	BODY COMBAT 20.00 – 21.00 STUDIO £3.80 3	FUN ON THE RUN 20.15 – 20.45 FITNESS SUITE £2.70 3	YOGA INSPIRED FITNESS 20.00 – 21.00 STUDIO £4.30 3			
	DISCOVER PUMP (TECH) 19.30 – 19.45 STUDIO FREE 3						
	BODY PUMP 19.45 – 20.45 STUDIO £3.80 3						
	ZUMBA® DANCE FITNESS 20.00 – 21.00 GYMNASIUM £3.80 3						

- MOVE
- POWER
- CORE
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- SWITCH
- SHAPE
- SPORT
- SPLASH
- MIND
- SPAR
- HEALTH

EXERCISE INTENSITY

- 1 DISCOVER
- 2 EXPLORE
- 3 EXCEL

GP OPEN TO GP REFERRALS

CLASSES ARE FREE FOR YARBOROUGH LEISURE CENTRE MEMBERS

Please note you must be aged 16 years or above to attend a class.

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion.

Active Nation working in partnership with

