

## COME AND HAVE A GO!

### Bitterne Leisure Centre

Dean Road, Bitterne  
Southampton SO18 6AQ  
Tel. 023 8043 7647

### Chamberlayne Leisure Centre

150 Weston Lane  
Southampton SO19 9SJ  
Tel. 023 8043 7668

### The Quays Swimming & Diving Complex

27 Harbour Parade  
Southampton SO15 1BA  
Tel. 023 8072 0900

CONTACT US OR  
VISIT US ONLINE AT

[WWW.ACTIVENATION.ORG.UK](http://WWW.ACTIVENATION.ORG.UK)



BECOME AN **ACTIVE SUPPORTER** AND YOU CAN ENJOY THE EXERCISE CLASSES FOR **FREE** ACROSS ALL THREE VENUES. CALL OUR CAMPAIGN TEAM TODAY TO FIND OUT MORE!

## 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.



### TERMS & CONDITIONS OF BOOKING

Due to the popularity of our group fitness classes, advanced booking is advised.

Places can be booked via phone, in person or online (Active Supporters only), 8 days in advance for supporters and 7 days in advance for non-supporters.

Active Nation reserves the right to withdraw the booking service if classes are not attended and not cancelled in time. We operate a 48 hours cancellation policy for our fitness classes. Failure to cancel bookings or to attend class may result in an administration fee being charged. **This timetable is subject to change.**



### PLEASE NOTE

For your safety, please ensure suitable sports wear and training shoes are worn to all classes. The warm up and cool down are an essential part of each class to prevent injury. Failure to participate in these sections of a class is at your own risk. Location of classes may alter due to other programming changes in the centre. Management reserve the right to change class instructors. Please bring a towel and drink to all classes. All participants must register for their class at reception or swipe in using their supporters card.



## HOW TO NAVIGATE THIS PDF

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# THE QUAYS 'EDDIE READ' SWIMMING & DIVING COMPLEX

Valid from 1st April – 30th June 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BODY COMBAT</b> 07.30 – 08.30 STUDIO 3	<b>STUDIO CYCLING</b> 07.00 – 07.45 BIKE STUDIO 3 <b>PILATES*</b> 10.30 – 11.30 STUDIO 1	<b>AQUA FIT*</b> 09.45 – 10.30 DIVING POOL 1 <b>ZUMBA®*</b> 10.35 – 11.20 STUDIO 2 <b>LBT*</b> 11.30 – 12.15 STUDIO 2	<b>STUDIO CYCLING</b> 07.00 – 07.45 BIKE STUDIO 3 <b>PILATES*</b> 09.30 – 10.30 STUDIO 2	<b>LBT*</b> 10.00 – 10.45 STUDIO 2 <b>STUDIO CYCLING*</b> 11.00 – 11.45 BIKE STUDIO 3	<b>STUDIO CYCLING</b> 09.30 – 10.15 BIKE STUDIO 3 <b>BODY PUMP</b> 10.00 – 11.00 STUDIO 2 <b>STUDIO CYCLING</b> 10.30 – 11.15 BIKE STUDIO 3	<b>HATHA YOGA</b> 09.00 – 10.00 STUDIO 1 <b>ASHTANGA YOGA</b> 10.00 – 11.45 STUDIO 1
	<b>STUDIO CYCLING</b> 12.45 – 13.30 BIKE STUDIO 3 <b>AQUA FIT</b> 13.30 – 14.15 DIVING POOL 1	<b>BODY PUMP*</b> 12.00 – 13.00 STUDIO 2 <b>AB ATTACK</b> 12.45 – 13.30 BIKE STUDIO 2 <b>NICE &amp; EASY</b> 13.00 – 13.45 STUDIO 1 <b>AQUA CIRCUITS</b> 14.00 – 14.45 DIVING POOL 1 <b>TAI CHI</b> 14.00 – 15.00 STUDIO 1	<b>STUDIO CYCLING*</b> 12.30 – 13.15 BIKE STUDIO 3 <b>PILATES*</b> 12.30 – 13.30 STUDIO 1 <b>AB ATTACK</b> 17.00 – 17.45 BIKE STUDIO 2	<b>BODY PUMP*</b> 12.15 – 13.15 STUDIO 2 <b>AB ATTACK</b> 12.45 – 13.30 BIKE STUDIO 2	<b>TAI CHI*</b> 11.00 – 12.00 STUDIO 1 <b>BODY PUMP*</b> 12.00 – 13.00 STUDIO 2	<b>STUDIO CYCLING (BEGINNER)</b> 11.30 – 12.00 BIKE STUDIO 2	
	<b>ZUMBA®</b> 17.00 – 18.00 STUDIO 2 <b>STUDIO CYCLING</b> 18.00 – 18.45 BIKE STUDIO 3 <b>BOOT CAMP CIRCUITS</b> 18.30 – 19.20 STUDIO 3 <b>BODY COMBAT</b> 18.45 – 19.45 DIVE STUDIO 3 <b>STUDIO CYCLING</b> 19.00 – 19.45 BIKE STUDIO 3 <b>BODY PUMP</b> 19.30 – 20.30 STUDIO 2 <b>STUDIO CYCLING (BEGINNER)</b> 20.00 – 20.30 BIKE STUDIO 2	<b>BODY PUMP</b> 18.00 – 19.00 STUDIO 2 <b>STUDIO CYCLING</b> 18.00 – 18.45 BIKE STUDIO 3 <b>HATHA YOGA</b> 19.10 – 20.10 STUDIO 1 <b>AB ATTACK</b> 19.15 – 20.00 BIKE STUDIO 2 <b>ASHTANGA YOGA</b> 20.15 – 21.15 STUDIO 1	<b>BOXERCISE</b> 17.45 – 18.45 STUDIO 2 <b>STUDIO CYCLING</b> 18.00 – 18.45 BIKE STUDIO 3 <b>STUDIO CYCLING</b> 19.00 – 19.45 BIKE STUDIO 3 <b>SWIMFIT</b> 19.00 – 20.00 MAIN POOL 2 <b>PILATES</b> 19.00 – 20.00 STUDIO 1 <b>DEEP WATER AQUA FIT</b> 20.00 – 20.45 MAIN POOL 2 <b>ZUMBA®</b> 20.00 – 21.00 STUDIO 2	<b>BODY PUMP</b> 18.15 – 19.15 STUDIO 2 <b>STUDIO CYCLING</b> 18.30 – 19.15 BIKE STUDIO 3 <b>BODY COMBAT</b> 19.30 – 20.30 DIVE STUDIO 3 <b>STUDIO CYCLING</b> 19.30 – 20.15 BIKE STUDIO 3 <b>AQUA NATAL</b> 20.00 – 21.00 DIVING POOL 1	<b>STUDIO CYCLING</b> 17.30 – 18.15 BIKE STUDIO 2 <b>KETTLEBELLS</b> 17.00 – 18.00 STUDIO 3 <b>KETTLEBELLS</b> 18.00 – 19.00 STUDIO 3		

Monday – Friday 06.30 – 21.00 (GYM OPENS TO MEMBERS AT 06.00) Saturday and Sunday 09.00 – 18.00 (GYM OPENS TO MEMBERS AT 08.00) Bank Holidays 09.30 – 16.30

\*CRÈCHE FRIENDLY CLASS



## KEY

	MOVE		SPORT
	POWER		SPLASH
	CORE		MIND
	EXPRESS		SPAR
	SWITCH		HEALTH
	SHAPE		

## EXERCISE INTENSITY

1	DISCOVER
2	EXPLORE
3	EXCEL

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**ACTIVE**NATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>AQUA ZUMBA®</b> 09.05 – 09.50 SWIMMING POOL 2	<b>AQUA FIT</b> 09.15 – 10.00 SWIMMING POOL 1	<b>AQUA FIT</b> 09.05 – 09.50 SWIMMING POOL 1	<b>AQUA ZUMBA®</b> 09.05 – 09.50 SWIMMING POOL 2	<b>AQUA FIT</b> 09.10 – 09.55 SWIMMING POOL 1	<b>ZUMBA®</b> 10.00 – 10.45 ACTIVITY ROOM 2	
	<b>NICE &amp; EASY*</b> 09.30 – 10.25 SPORTS HALL 1	<b>BODY ZONE*</b> 09.30 – 10.25 SPORTS HALL 2	<b>NICE &amp; EASY</b> 11.00 – 11.55 SPORTS HALL 1	<b>BODY ZONE*</b> 09.30 – 10.25 SPORTS HALL 2	<b>BODY JAM</b> 10.00 – 10.55 ACTIVITY ROOM 3	<b>ZUMBA® TONING</b> 10.45 – 11.30 ACTIVITY ROOM 2	
	<b>BODY TONE*</b> 10.45 – 11.40 SPORTS HALL 2	<b>ZUMBA®*</b> 10.45 – 11.40 SPORTS HALL 3	<b>HATHA YOGA</b> 11.00 – 11.55 ACTIVITY ROOM 1	<b>BODY COMBAT*</b> 10.45 – 11.40 SPORTS HALL 3	<b>NICE &amp; EASY</b> 10.15 – 11.10 SPORTS HALL 1	<b>DEEP WATER AQUA FIT</b> 16.05 – 16.50 SWIMMING POOL 2	
		<b>NICE &amp; EASY CIRCUITS</b> 12.00 – 13.00 SPORTS HALL 1		<b>NICE &amp; EASY ZUMBA®</b> 11.45 – 12.30 SPORTS HALL 1	<b>FITNESS PILATES</b> 11.00 – 11.55 ACTIVITY ROOM 1	<b>AQUA ZUMBA®</b> 16.50 – 17.35 SWIMMING POOL 2	
				<b>NICE &amp; EASY CIRCUITS</b> 12.35 – 13.25 SPORTS HALL 1	<b>NICE &amp; EASY CIRCUITS</b> 13.00 – 14.00 SPORTS HALL 1		
	<b>HATHA YOGA</b> 18.00 – 18.55 ACTIVITY ROOM 1	<b>PILATES</b> 18.00 – 18.55 ACTIVITY ROOM 1	<b>TOTAL WORKOUT</b> 18.00 – 18.55 ACTIVITY ROOM 3	<b>LBT</b> 18.00 – 18.55 ACTIVITY ROOM 2	<b>ZUMBATOMIC FOR KIDS (4-8YRS)</b> 15.30 – 16.15 SPORTS HALL 1		
	<b>TOTAL WORKOUT</b> 18.30 – 19.25 SPORTS HALL 3	<b>BOXERCISE</b> 18.15 – 19.10 SPORTS HALL 3	<b>BODY COMBAT</b> 19.00 – 19.55 ACTIVITY ROOM 3	<b>BODY BLITZ</b> 19.00 – 19.55 ACTIVITY ROOM 2	<b>ZUMBATOMIC FOR KIDS (8YRS+)</b> 16.30 – 17.15 SPORTS HALL 1		
	<b>HATHA YOGA</b> 19.00 – 19.55 ACTIVITY ROOM 1	<b>AQUA FIT</b> 19.00 – 19.45 SWIMMING POOL 2	<b>CIRCUITS</b> 19.30 – 20.25 SPORTS HALL 3	<b>AQUA FIT</b> 19.30 – 20.15 SWIMMING POOL 2	<b>HATHA YOGA</b> 18.00 – 18.55 ACTIVITY ROOM 1		
	<b>AQUA NATAL</b> 19.00 – 19.45 SWIMMING POOL 1	<b>STEP AND TONE</b> 19.00 – 19.55 ACTIVITY ROOM 2	<b>AQUA FIT</b> 19.30 – 20.15 SWIMMING POOL 2	<b>PILATES FITNESS</b> 20.00 – 20.55 ACTIVITY ROOM 1	<b>FITNESS PILATES</b> 19.00 – 19.55 ACTIVITY ROOM 1		
	<b>BODY COMBAT</b> 19.30 – 20.25 SPORTS HALL 3	<b>TOTAL NRG</b> 19.30 – 20.25 SPORTS HALL 2	<b>BODY JAM</b> 20.00 – 20.55 ACTIVITY ROOM 3	<b>SWIM FIT</b> 20.20 – 22.00 SWIMMING POOL 3	<b>AQUA FIT</b> 19.30 – 20.15 SWIMMING POOL 2		
	<b>AQUA FIT</b> 19.45 – 20.30 SWIMMING POOL 2	<b>PILATES</b> 20.00 – 20.55 ACTIVITY ROOM 1	<b>SWIM FIT</b> 20.20 – 21.20 SWIMMING POOL 3				
	<b>DEEP WATER AQUA FIT</b> 20.30 – 21.15 SWIMMING POOL 2	<b>SWIM FIT</b> 21.00 – 22.00 SWIMMING POOL 3	<b>ZUMBA®</b> 20.30 – 21.15 SPORTS HALL 2				
	<b>ZUMBA®</b> 20.30 – 21.15 SPORTS HALL 2						

Monday – Thursday 07.30 – 22.00 Friday 07.30 – 20.30 Saturday and Sunday 08.30 – 18.00 Bank Holidays 09.30 – 16.30

\*CRÈCHE FRIENDLY CLASS



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- MOVE
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>STUDIO CYCLING</b> 07.00 – 07.45 STUDIO 1	<b>STUDIO CYCLING</b> 09.15 – 10.00 STUDIO 2	<b>STUDIO CYCLING</b> 09.15 – 10.00 STUDIO 2	<b>BODY PUMP</b> 09.15 – 10.10 STUDIO 2	<b>BODY COMBAT*</b> 09.30 – 10.25 STUDIO 2	<b>STUDIO CYCLING</b> 09.30 – 10.15 STUDIO 3	
	<b>ZUMBA®*</b> 09.30 – 10.25 STUDIO 1	<b>NICE &amp; EASY</b> 10.00 – 10.55 STUDIO 1	<b>BODY PUMP*</b> 10.15 – 11.10 STUDIO 2	<b>NICE &amp; EASY</b> 10.15 – 11.10 STUDIO 1	<b>BODY PUMP*</b> 10.30 – 11.25 STUDIO 2	<b>BOOT CAMP WORKOUT</b> 10.00 – 11.00 VERACITY 1	
	<b>BODY PUMP*</b> 10.30 – 11.25 STUDIO 2					<b>ZUMBA®*</b> 10.30 – 11.25 STUDIO 1	
	<b>ZUMBATOMIC FOR KIDS 8-12YRS</b> 16.45 – 17.30 CRÈCHE 2	<b>ZUMBA®</b> 18.00 – 18.55 COMMUNITY ROOM 2	<b>LBT</b> 18.00 – 18.55 STUDIO 2	<b>ZUMBATOMIC FOR KIDS 4-7YRS</b> 16.30 – 17.15 CRÈCHE 2	<b>STUDIO CYCLING</b> 17.45 – 18.25 STUDIO 2		<b>YOGA</b> 17.30 – 18.25 COMMUNITY ROOM 1
	<b>LBT</b> 17.45 – 18.25 STUDIO 1	<b>FREESTYLE FITNESS YOGA</b> 19.00 – 19.55 COMMUNITY ROOM 2	<b>BODY PUMP</b> 19.00 – 19.55 STUDIO 2	<b>STUDIO CYCLING</b> 18.15 – 19.00 STUDIO 2	<b>BODY COMBAT</b> 18.30 – 19.25 STUDIO 2		<b>CIRCUITS</b> 18.00 – 18.55 STUDIO 2
	<b>STEP</b> 18.30 – 19.25 STUDIO 2	<b>CIRCUITS</b> 19.05 – 20.00 STUDIO 2	<b>STUDIO CYCLING</b> 20.15 – 21.00 STUDIO 2	<b>KETTLEBELLS</b> 19.15 – 20.00 STUDIO 1			<b>PILATES</b> 18.30 – 19.25 COMMUNITY ROOM 1
	<b>BODY PUMP</b> 19.30 – 20.25 STUDIO 2	<b>BODY COMBAT</b> 20.05 – 21.00 STUDIO 2		<b>ZUMBA®</b> 20.05 – 21.00pm STUDIO 2			

Monday – Thursday 06.30 – 22.00 Friday 06.30 – 21.00 Saturday 09.00 – 18.00 Sunday 09.00 – 20.00 Bank Holidays 10.00 – 16.00

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