

GROUP FITNESS TIMETABLE

MARL PITS – RAWTENSTALL

| MONDAY | CLASS TIME | INSTRUCTOR |
|--------------------|-------------------|--------------|
| META-FIT | 7:15AM-7:45AM | ALEX |
| CARDIO ABS | 9:15AM-9:45AM | ALEX |
| PILATES | 10:00AM – 11:00AM | TRACY |
| YOGA | 12:00PM-12:45PM | ELLI |
| CIRCUIT CLASS LITE | 1:30PM-2:30PM | FITNESS TEAM |
| META-FIT | 4:30PM-5:00PM | FITNESS TEAM |
| BODY PUMP | 5:30PM-6:30PM | RUTH |
| BODY COMBAT (14+) | 6:30PM-7:30PM | RUTH |
| YOGALATES | 7:30PM-8:30PM | RUTH |

| TUESDAY | CLASS TIME | INSTRUCTOR |
|--------------|----------------|--------------|
| 40:20 YOGA | 9:30AM-10:30AM | ELLI |
| CIRCUIT LITE | 1:00PM-2:00PM | UP & ACTIVE |
| META-FIT | 4:30PM-5:00PM | FITNESS TEAM |
| KETTLERCISE | 5:30PM-6:15PM | ALEX |
| PILATES | 6:15PM-7:00PM | WENDY |
| AQUA FIT | 7:15PM-8:00PM | WENDY |
| META-FIT | 7:30PM-8:00PM | ALEX |

| WEDNESDAY | CLASS TIME | INSTRUCTOR |
|---------------------|-----------------|--------------|
| DANCE FIT | 11:00AM-12:00PM | TRISH |
| KETTLERCISE | 1:00PM-2:00PM | ANGELA |
| SEATED EXERCISE | 2:15PM-3:00PM | UP & ACTIVE |
| AQUA FIT LITE | 3:00PM-3:45PM | WENDY |
| META-FIT | 5:30PM-6:00PM | FITNESS TEAM |
| CARDIO ABS | 6:00PM-6:30PM | FITNESS TEAM |
| YOGA (MEMBERS ONLY) | 6:30PM-7:30PM | ELLI |
| BEGINNERS YOGA | 7:45PM-8:45PM | SARA |

| THURSDAY | CLASS TIME | INSTRUCTOR |
|-------------------|-----------------|------------|
| PILATES | 9:30AM-10:30AM | WENDY |
| KETTLERCISE | 10:30AM-11:30AM | ANGELA |
| BODY PUMP | 12:00PM-1:00PM | RUTH |
| HIIT STEP | 5:30PM – 6:00PM | CLAIRE |
| WALK & TALK | 6:00PM-7:00PM | RUTH |
| BOOTCAMP | 6:00PM – 7:00PM | PAUL |
| BODY COMBAT (14+) | 7:00PM-8:00PM | RUTH |
| BODY PUMP | 8:00PM-9:00PM | RUTH |

| FRIDAY | CLASS TIME | INSTRUCTOR |
|-------------------|-----------------|--------------|
| DANCERCISE | 9:30AM-10:30AM | WENDY |
| PILATES | 10:30AM-11:30AM | SUZANNE |
| META-FIT | 11:30AM-12:00PM | FITNESS TEAM |
| HIIT STEP | 5:45PM – 6:15PM | CHLOE |
| BODY CONDITIONING | 6:15PM - 7:00PM | CHLOE |

| SATURDAY | CLASS TIME | INSTRUCTOR |
|----------|----------------|------------|
| YOGA | 9:15AM-10:15AM | ELLI |

| SUNDAY | CLASS TIME | INSTRUCTOR |
|-------------------|-----------------|------------|
| BODY CONDITIONING | 9:00AM-10:00AM | TRACY |
| PILATES | 10:00AM-11:00AM | TRACY |
| BEGINNERS PILATES | 11:00AM-12:00PM | TRACY |

ADRENALINE - HASLINGDEN

| MONDAY | CLASS TIME | INSTRUCTOR |
|--------------------------------------|-----------------|--------------|
| VIRTUAL SPIN | 7:15AM-8:00AM | FITNESS TEAM |
| TONE ZONE <small>WITH CRECHE</small> | 9:30AM-10:30AM | ADELE |
| CIRCUIT CLASS LITE | 10:45AM-11:45AM | ADELE |
| HOOPEROBICS | 12:00PM-12:45PM | LAURA |
| ADVANCED TAI CHI | 1:00PM-2:00PM | HELENA/DAVID |
| TAI CHI BEGINNERS | 2:00PM-3:00PM | HELENA/DAVID |
| META-FIT | 5:15PM-5:45PM | ALEX |
| DANCE-CYCLE | 6:00PM-6:45PM | ANNIE |
| DANCE-CYCLE | 7:00PM – 7:45PM | ANNIE |
| BODY PUMP | 6:00PM-7:00PM | TONY |
| ZUMBA (14+) | 7:10PM-8:10PM | SAMMY |
| YOGA | 8:15PM-9:15PM | ELLI |

| TUESDAY | CLASS TIME | INSTRUCTOR |
|--------------------|-----------------|--------------|
| VIRTUAL SPIN | 7:15AM-8:00AM | FITNESS TEAM |
| CIRCUIT CLASS LITE | 9:00AM-10:00AM | UP & ACTIVE |
| CIRCUIT CLASS LITE | 10:30AM-11:30AM | UP & ACTIVE |
| YOGA** | 1:30PM-2:30PM | LIZ |
| INDOOR CYCLING | 5:30PM-6:15PM | ANTHONY |
| KETTLERCISE | 5:30PM-6:30PM | ANGELA |
| INDOOR CYCLING | 6:15PM-7:00PM | ANTHONY |
| BODY COMBAT (14+) | 6:30PM-7:30PM | TONY |
| HIIT STEP | 7:30PM-8:00PM | VICKY |
| ZUMBA (14+) | 8:00PM-9:00PM | JENNIFER |

| WEDNESDAY | CLASS TIME | INSTRUCTOR |
|--------------------------------------|-----------------|--------------|
| VIRTUAL SPIN | 7:15AM-8:00AM | FITNESS TEAM |
| TONE ZONE <small>WITH CRECHE</small> | 9:30AM-10:30AM | RUTH |
| INDOOR CYCLING | 10:30AM-11:15AM | RUTH |
| TAI CHI BEGINNERS | 2:00PM-3:00PM | HELENA/DAVID |
| KETTLERCISE | 5:15PM-6:00PM | ANGELA |
| INDOOR CYCLING | 6:00PM-6:45PM | PHILL |
| INDOOR CYCLING | 6:45PM-7:30PM | PHILL |
| PILATES | 6:00PM-7:00PM | WENDY |
| CIRCUIT TRAINING | 6:00PM-7:00PM | ALEX |
| LEGS, BUMS & TUMS | 7:00PM-8:00PM | WENDY |
| TAI CHI BEGINNERS | 8:00PM-9:00PM | HELENA/DAVID |

(14+) - FOR CUSTOMERS AGED 14 AND ABOVE

* Please check our website and at reception for a list of classes that may be seasonal or added due to demand.

** Charges apply

The management reserves the right to amend the programme for operational reasons.

ADRENALINE - HASLINGDEN

| THURSDAY | CLASS TIME | INSTRUCTOR |
|--------------------|-----------------|--------------|
| VIRTUAL SPIN | 7:15AM-8:00AM | FITNESS TEAM |
| INDOOR TENNIS | 9:00AM-12:00PM | FITNESS TEAM |
| HEALTHY WALKS | 10:00AM-12:00PM | CHLOE |
| ZUMBA (14+) | 11:00AM-12:00PM | SAMMY |
| YOGA | 12:15PM-1:15PM | ELLI |
| CIRCUIT CLASS LITE | 1:30PM-2:30PM | RUTH |
| HOOPEROBICS | 5:30PM-6:30PM | LAURA |
| INDOOR CYCLING | 5:30PM-6:15PM | ANNA |
| INDOOR CYCLING | 6:15PM-7:00PM | ANNA |
| YOGA | 7:00PM – 8:00PM | SARA |
| YOGA NIDRA | 8:00PM-8:45PM | SARA |

| FRIDAY | CLASS TIME | INSTRUCTOR |
|--------------------------------------|-----------------|--------------|
| INDOOR CYCLING | 7:15AM-8:00AM | ANNA |
| TONE ZONE <small>WITH CRECHE</small> | 9:30AM-10:30AM | ANNA |
| TAI CHI BEGINNERS | 10:45AM-11:45AM | HELENA/DAVID |
| DANCE FIT | 12:00PM-12:45PM | TANYA |
| B-FIT BOOTCAMP | 6:35PM-7:35PM | ANDREW |

| SATURDAY | CLASS TIME | INSTRUCTOR |
|----------------|-----------------|------------|
| INDOOR CYCLING | 9:00AM-10:00AM | ANTHONY |
| BOXING CIRCUIT | 9:00AM-10:00AM | JOSH |
| YOGA | 11:00AM-12:00PM | ELLI |

| SUNDAY | CLASS TIME | INSTRUCTOR |
|----------------|-----------------|------------|
| INDOOR CYCLING | 9:15AM-10:00AM | ANGELA |
| INDOOR CYCLING | 10:00AM-10:45AM | ANGELA |

CENTRE OPENING TIMES

ADRENALINE CENTRE

Mon – Fri - 6am – 10pm
Sat - 8:30am – 6pm
Sun - 9am – 5pm



MARL PITS

Mon – Thurs - 6am – 10pm
Fri - 6am – 9pm
Sat & Sun - 8am – 5pm



PIONEER

Mon – Fri - 6am – 9pm
Sat & Sun 8am – 4pm



PIONEER - BACUP

| MONDAY | CLASS TIME | INSTRUCTOR |
|-----------|----------------|------------|
| HIIT STEP | 9:30AM-10:15AM | NATALIE |
| CIRCUIT | 6:00PM-7:00PM | NATALIE |
| HIIT STEP | 7:00PM-7:45PM | NATALIE |
| SPIN | 7:00PM-7:45PM | DAWN |
| YOGA | 7:45PM-8:30PM | VICKY |

| TUESDAY | CLASS TIME | INSTRUCTOR |
|-------------|----------------|------------|
| BOOTCAMP | 9:30AM-10:15AM | NATALIE |
| BODY ATTACK | 6:00PM-7:00PM | JOE |
| BOXING | 7:00PM-8:00PM | DAWN |

| WEDNESDAY | CLASS TIME | INSTRUCTOR |
|--------------------|-----------------|------------|
| FUNCTIONAL FITNESS | 9:30AM-10:15AM | JOE |
| HULA HOOP WORKOUT | 10:15AM-11:00AM | LAURA |
| ZUMBA | 6:00PM-7:00PM | CLAIRE |
| HIIT STEP | 7:00PM-7:45PM | DAWN |

| THURSDAY | CLASS TIME | INSTRUCTOR |
|--------------|----------------|------------|
| BODY BLAST | 9:30AM-10:15AM | JOE |
| SPIN CIRCUIT | 6:00PM-7:00PM | DAWN |
| BODY PUMP | 7:00PM-8:00PM | VIC |

| FRIDAY | CLASS TIME | INSTRUCTOR |
|-------------|-------------------|---------------|
| HIIT STEP | 9:30AM-10:15AM | NATALIE |
| DANCE-CYCLE | 10:15AM-11:00AM | ANNIE |
| BUGGY FIT | 10:15PM – 11:00AM | UP AND ACTIVE |
| TAI CHI | 11:00AM-12:00PM | ANNE |
| META-FIT | 6:00PM-6:45PM | DAWN |
| HIIT STEP | 6:45PM-7:30PM | DAWN |

| SATURDAY | CLASS TIME | INSTRUCTOR |
|-------------------|----------------|------------|
| SPIN | 9:30AM-10:15AM | DAWN |
| HOOP STARS (KIDS) | 9:30AM-10:15AM | LAURA |

CLASS TYPE KEY

- CARDIO
- HOLISTIC CONDITIONING
- TONING
- DANCE
- AQUA
- ▶ UP active

| MONDAY | CLASS TIME | WHERE |
|-------------------|---------------|-----------------|
| UP AND ACTIVE GYM | 1:00PM-2:00PM | MARL PITS |
| FREE WEIGH-IN | 5:30PM-6:00PM | MARL PITS TRACK |
| COUCH TO 5K | 6:00PM-6:45PM | MARL PITS TRACK |

| TUESDAY | CLASS TIME | WHERE |
|--------------------|-----------------|----------------------|
| CIRCUIT CLASS LITE | 9:00AM-10:00AM | ADRENALINE CENTRE |
| FAMILY HEALTH WALK | 9:30AM-10:30AM | FROM HASLINGDEN LINK |
| FREE WEIGH-IN | 10:00AM-10:30AM | ADRENALINE CENTRE |
| CIRCUIT CLASS LITE | 10:30AM-11:30AM | ADRENALINE CENTRE |
| BUGGY FIT | 10:45AM-11:30AM | MARL PITS |
| SEATED EXERCISE | 11:45PM-12:30PM | MARL PITS |
| CIRCUIT LITE | 1:00PM-2:00PM | MARL PITS |

| WEDNESDAY | CLASS TIME | WHERE |
|--------------------|-----------------|-------------------|
| FAMILY HEALTH WALK | 1:00PM-2:00PM | WHITWORTH LIBRARY |
| UP AND ACTIVE GYM | 1:00PM – 2:00PM | MARL PITS |
| UP & ACTIVE GYM | 5:30PM – 6:30PM | ADRENALINE CENTRE |
| JUNIOR COUCH TO 2K | 5:30PM – 6:00PM | MARL PITS TRACK |
| COUCH TO 5K | 6:00PM-6:45PM | MARL PITS TRACK |

| THURSDAY | CLASS TIME | WHERE |
|--------------------|-------------------|--------------------------|
| WEIGHT MANAGEMENT | 10:30AM-11:30AM | MARL PITS LEISURE CENTRE |
| UP AND ACTIVE GYM | 9:30AM-10:30AM | ADRENALINE CENTRE |
| FAMILY HEALTH WALK | 11:15AM – 12:15PM | STUBBY LEE PARK |

| FRIDAY | CLASS TIME | WHERE |
|--------------------|-------------------|----------------------|
| FAMILY HEALTH WALK | 10:00AM-11:00AM | WHITAKER PARK MUSEUM |
| BUGGY FIT | 10:15AM – 11:00AM | PIONEER |
| UP & ACTIVE GYM | 11:15AM – 12:15PM | PIONEER |

The Up and Active Team offer a wide variety of classes and programmes that are designed to help people get more active and lose weight. Up and Active have a wide range of activities on offer across East Lancashire and are working with a range of providers to bring together activities on offer into one place. On their website you will find lots more details, including where they take place, who to contact, times and prices.

www.upandactive.co.uk

01706 221524

Class Descriptions

40:20 Yoga - Cardio or weight exercise with rest intervals, wrapped up with yoga.

Aqua Fit - Aerobics in our pool.

Barbell Training - A series of exercises using barbells.

B-Fit Bootcamp -

Body Blast - Uses bodyweight, resistance and cardio to shape your body.

Body Combat - Les Mills martial arts-based class.

Body Pump - Les Mills barbell workout.

Boxing Circuit - Circuit based class focused on boxing.

Buggy Fit - A postnatal exercise class.

Cardio Abs - Body weight workout targeting Abs.

Circuit - A series of workouts.

Clean Eat Club - Learn how to eat well.

Couch to 5K - Gradually improve your fitness level.

Dance Cycle - Indoor cycling with a fun dance element.

Dance Fit - Aerobic exercise that incorporates dance

Family Health Walk - An outdoor walk for all the family.

Functional Fitness - A circuit-based class using functional exercises to increase general fitness & strength.

Healthy Walks - An opportunity to get some fresh air on a led walk

HIIT Step - High intensity interval training class with steps.

HIIT Training - High intensity interval training.

Hoop Stars - A fun hula hoop class for kids.

Hula Hoop Workout (Hooperobics) - An aerobic class incorporating hula hooping.

Indoor Cycling / Spin - Focuses on endurance and strength using a stationary bike.

Kettlercise - Strength workout with kettlebells.

Legs, Bums & Tums - A toning class targeting lower body and abs.

Meta-Fit - A short metabolic workout.

Pilates - Strengthens the body through core

Pound Fitness - Cardio and weight training with rhythmic techniques

Running Made Easy - Running class for mixed abilities.

Seated Exercise - Low intensity, Low impact exercise whilst seated.

Stretch & Tone - Low intensity class to aid flexibility & and tone muscle.

Strong by Zumba - Combines HIIT with synced music.

Tai Chi - A relaxing form of martial arts.

Tone Zone with Creche - A varied exercise class with crèche

Virtual Spin - Indoor cycling with virtual instructor.

Yogalates - A combination of Yoga and Pilates.

Yoga Nidra - Powerful relaxation meditation

Zumba - Involves dance and aerobic movements.