

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	WENDY
KETTLERCISE	1:00PM-2:00PM	ANGELA
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
LEGS, BUMS & TUMS	6:00PM – 6:45PM	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 TRAINING	5:45PM – 6:15PM	JACKSON
CIRCUIT TRAINING	6:15PM - 7:15PM	JACKSON

SATURDAY	CLASS TIME	INSTRUCTOR
YOGA	9:15AM-10:15AM	ELLI
PILATES	11:45AM – 12:45PM	SUZANNE

SUNDAY	CLASS TIME	INSTRUCTOR
BODY CONDITIONING	9:15AM-10:00AM	TRACEY
PILATES	10:00AM-11:00AM	TRACEY
BEGINNERS PILATES	11:00AM-12:00PM	TRACEY

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
ADVANCED TAI CHI	1:00PM-2:00PM	HELENA/DAVID
TAI CHI BEGINNERS	2:00PM-3:00PM	HELENA/DAVID
PILATES	5:00PM – 6:00PM	DIANA
F-HIIT	5:15PM-5:45PM	ALEX
DANCE-CYCLE	6:00PM-6:45PM	ANNIE
BODY PUMP	6:00PM-7:00PM	DIANA
DANCE-CYCLE	7:00PM – 7:45PM	ANNIE
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
BOXERCISE (14+)	6:30PM-7:30PM	ANGELA
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 (MEMBERS ONLY)	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	10:00AM-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	ANTHONY
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	TRACEY
HIIT STEP	5:45PM – 6:15PM	CHLOE
BODY CONDITIONING	6:15PM – 7:00PM	CHLOE

SATURDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	9:00AM-10:00AM	ANTHONY
INDOOR CYCLING	10:00AM – 10:45AM	ANTHONY
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	MIKE
SPIN CIRCUIT	6:00PM-7:00PM	DAWN
BOXING	7:00PM-8:00PM	DAWN

WEDNESDAY	CLASS TIME	INSTRUCTOR
FUNCTIONAL FITNESS	9:30AM-10:15AM	MIKE
HULA HOOP WORKOUT	10:15AM-11:00AM	LAURA
PILATES	11:00AM – 12:00PM	LAURA
ZUMBA	6:00PM-7:00PM	CLAIRE
HIIT STEP	7:00PM-7:45PM	DAWN

THURSDAY	CLASS TIME	INSTRUCTOR
SPIN	9:30AM-10:15AM	NATALIE
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
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
HIIT STEP	10:15AM – 11:00AM	NATALIE

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	5:15PM-5:45PM	MARL PITS
COUCH TO 5K	6:00PM-6:45PM	MARL PITS TRACK
FREE WEIGH-IN	7:00PM – 7:30PM	MARL PIT

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
LOW LEVEL CIRCUIT	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	11:00AM-12:00PM	MARL PITS
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
UP & ACTIVE GYM	11:30AM – 12:30PM	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.

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.