

Class descriptions

20:20:20

Combination of cardio exercise, abdominal and lower body toning incorporating a range of equipment.

Absolute Abs

A class to condition and tone your stomach muscles.

Active Generation 50+

A selection of low impact classes aimed specifically at those over 50 years of age.

Aerobics

An ideal aerobic workout to improve fitness, tone and burn calories.

Aqua Aerobics

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the joints.

Body Blast

A full body cardio alternating short bursts of super intense work with a low intensity recovery. Targets large muscle groups, boosts metabolism, increases fitness levels and burns fat.

Box Circuit

Total body workout combining boxing principles delivered in a circuit format.

Body Conditioning

A low impact toning class with a range of cardio and toning exercises.

Bums, Legs & Tums

A low impact toning class designed to condition the lower body.

Dance Aerobics

Aerobics class that incorporates many forms of dance a great full body workout.

HIIT

High intensity, fat burning and cardio conditioning exercise class with short bursts of interval training.

Indoor Cycling

Traditional Indoor cycle class based on instructor freestyle, not delivered to stages flight.

Junior Boxercise®

A fun class packed with various boxing combinations and general fitness, incorporating boxing skills and improving your all round fitness. Suitable for 12 - 16 year olds.

Junior Indoor and Outdoor Football

A session specifically for 12 - 16 year olds played in teams.

Kettlercise®

An intense full body workout that incorporates cardiovascular, strength and flexibility routines.

LEARN TO GRIT

The 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle.

Stages Flight

Stages flight, our new immersive, power based, group cycling class. A unique workout experience with nightclub-style sound system, LED lighting and large screen display, providing a bespoke workout every time.

Pilates

A sequence of exercises designed to strengthen core muscles. A great way to improve your posture, flexibility and muscle tone.

Step

A complete body workout with low and high impact movements using the steps incorporating muscle toning, strengthening and flexibility exercises.

Tai Chi

The ancient style of Chinese exercise, which encourages and improves fitness, balance and posture.

Total NRG

A resistance workout using gym based exercises to uplifting music to tone and develop your muscles.

Yoga

A conventional form of yoga incorporating breathing and flexibility techniques.

Class Timetable




Furzefield
Leisure Centre

Mutton Lane, Potters Bar EN6 3BW

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www.inspireall.com




InspireAll
Leisure & Family Support Services



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Furzefield
Leisure Centre

Key: ■ High Intensity Interval Training ■ Aerobic ■ Strength & Endurance ■ Mind & Body ■ Aqua 50+ Classes tailored to older adults J Junior classes (12-16 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 07.00 GRIT Cardio Studio 1	06.30 07.25 Stages Flight Indoor Cycling Studio	06.30 07.00 GRIT Strength Studio 1	07.00 07.55 Stages Flight Indoor Cycling Studio	06.30 07.00 GRIT Cardio Studio 1	07.30 08.00 GRIT Strength Studio 2	08.00 08.55 Stages Flight Indoor Cycling Studio
07.00 07.30 GRIT Strength Studio 1	09.00 09.25 Absolute Abs Studio 1	07.00 07.30 GRIT Cardio Studio 1	09.00 09.25 Bums, Legs & Tums Studio 1	07.00 07.30 GRIT Strength Studio 1	07.30 08.25 Yoga Studio 1	08.00 08.55 Body Conditioning Studio 1
09.00 09.25 Absolute Abs Studio 1	09.30 10.25 Stages Flight Indoor Cycling Studio	09.00 09.25 Bums, Legs & Tums Studio 1	09.30 10.25 Stages Flight Indoor Cycling Studio	09.00 09.25 Absolute Abs Studio 1	08.00 08.30 GRIT Cardio Studio 2	09.00 09.25 Absolute Abs Studio 1
09.30 10.25 Stages Flight Indoor Cycling Studio	09.30 10.25 Aerobics Studio 1	09.30 10.25 Stages Flight Indoor Cycling Studio	09.30 10.25 Step Studio 1	09.30 10.25 Box Circuit Studio 2	08.30 09.25 Pilates Studio 2	09.30 10.25 Stages Flight Indoor Cycling Studio
09.30 10.25 Box Circuit Studio 2	09.35 10.30 HIIT Studio 2	09.30 10.25 HIIT Studio 2	10.30 11.25 20:20:20 Studio 1	09.30 10.25 Stages Flight Indoor Cycling Studio	08.30 09.25 Stages Flight Indoor Cycling Studio	09.30 10.25 Yoga Studio 1
09.30 10.25 Body Blast Studio 1	10.30 11.25 Bums, Legs & Tums Studio 1	09.30 10.25 Pilates On The Ball Studio 1	11.30 12.25 Pilates Studio 1	09.30 10.25 Body Conditioning Studio 1	09.30 10.25 Pilates Studio 2	10.30 11.25 Yoga Studio 2
10.30 11.25 Stages Flight Indoor Cycling Studio	10.30 11.25 Kettlercise® Studio 2	10.30 11.25 Stages Flight Indoor Cycling Studio	11.35 12.20 Aqua Aerobics Boom Pool	10.30 11.25 Yoga Studio 1	09.30 10.25 Stages Flight Indoor Cycling Studio	
10.30 11.25 Pilates Studio 1	10.30 11.25 Stages Flight Indoor Cycling Studio	10.30 11.25 Bums, Legs & Tums Studio 1	13.30 14.25 Tai Chi Studio 1 50+	10.30 11.25 Stages Flight Indoor Cycling Studio	09.30 10.25 Dance Aerobics Studio 1	
11.40 12.25 Aqua Aerobics Boom Pool	11.30 12.25 Pilates Studio 1	10.30 11.30 Keep Fit Studio 2 50+	14.00 15.00 Walking Football Astro 50+	11.30 12.25 Stretch / Pilates Studio 1	10.30 11.25 Body Conditioning Studio 1	
12.30 13.30 Pilates Studio 2	17.00 17.55 Junior Indoor Football Sports Hall J	11.30 12.25 Yoga Studio 1	14.30 16.00 Line Dancing Studio 1	11.30 12.25 Aqua Aerobics Boom Pool	10.30 11.25 Stages Flight Indoor Cycling Studio	
13.30 14.30 Keep Fit Studio 2 50+	18.00 18.55 Kettlercise® Studio 1	11.30 12.25 Aqua Aerobics Boom Pool	17.30 17.55 Beginners Stages Flight Indoor Cycling Studio	16.30 17.25 Junior Football Astro J		
17.00 17.55 Junior Boxercise® Studio 1 J	18.05 19.00 Stages Flight Indoor Cycling Studio	12.00 14.00 Badminton Sports Hall 50+	18.00 18.55 Stages Flight Indoor Cycling Studio	18.00 18.55 Box Circuit Studio 1		
18.00 18.55 Stages Flight Indoor Cycling Studio	18.05 19.00 Aqua Aerobics Boom Pool	12.30 13.25 Meditation and Relaxation Studio 1	18.00 18.55 Pilates Studio 1	18.15 19.10 Stages Flight Indoor Cycling Studio		
18.00 18.55 Box Circuit Studio 1	19.00 19.55 Box Circuit Studio 1	18.00 18.55 Stages Flight Indoor Cycling Studio	18.00 18.55 Kettlercise® Studio 2			
19.00 19.55 Stages Flight Indoor Cycling Studio	19.05 20.00 Stages Flight Indoor Cycling Studio	18.00 18.55 Step Studio 1	19.00 19.55 HIIT Studio 1			
19.00 19.55 Total NRG Studio 1	20.00 20.55 Yoga Studio 1	19.00 19.55 Body Conditioning Studio 1	19.10 20.05 Stages Flight Indoor Cycling Studio			
19.55 20.40 Deep Water Aqua Aerobics Boom Pool		19.00 19.55 HIIT Studio 2	20.15 21.30 Yoga Studio 1			
20.05 21.00 HIIT Studio 1						

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception.

Non-members may book 2 days in advance.