

## 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.

### 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.

### Badminton

All abilities welcome.

### Body Blast

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.

### Core Fitness

Build a strong core to maintain posture, balance and avoid injury. Tighten your trunk, creating a strong look and feel great!

### 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.

### 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 Football (Indoor & Outdoor)

A team session specifically for 12-16 year olds

### Keep Fit

Keeping fit is good for physical and mental health which promotes body awareness by strengthening muscle and flexibility.

### Kettlercise®

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

### Line Dancing

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. Unlike circle dancing, line dancers are not in physical contact with each other.

### LEARN TO GRIT | CARDIO

A 30 minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

### LEARN TO GRIT | STRENGTH

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

### myzone

This is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It delivers a fully connected solution for anyone who wants an accurate (equiv. to an EKG at 99.4%), gamified and motivating wearable experience. Myzone monitors heart rate, calories and time exercising that convert into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness

### STAGESFLIGHT

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.

### STAGESFLIGHT

#### FTP (Functional Threshold Power)

New to stages flight indoor cycling? We'll spend time to explain the benefits of our state of the art 'immersive spin studio', help you set up your bike and show you how to increase your fitness level week to week.

#### Pilates

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

#### Relaxation/Meditation

Our guided mindfulness meditation allows a relaxed exploration of mindful body awareness. The class concentrates on muscle and body relaxation breathing and being present. Each class you will be taken through a gentle practice on the mat using the power of the mind. Each week creates a guided experience of observation, self-awareness and stillness.

#### Step

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

#### Stretch & Tone

A class based around toning muscles using different types of movement from floor base classes such as Pilates and Yoga. The class uses various equipment such as a s weights bands and balls.

#### 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.

#### Walking Football / Netball

A slower pace game but with all the same fun and enjoyment.

#### Yoga

A conventional form of yoga incorporating breathing and flexibility techniques.

## Why join in with our fitness classes?

Our fitness class timetable has been put together with you in mind, whether you are a beginner or a regular to fitness we have a fantastic range of classes to suit you. Fitness classes are great fun and give you the opportunity to exercise with others in a friendly environment.

We have a wide range of classes, so if you are looking for a high intensity workout or something to improve your core strength and balance we have a class, led by experienced instructors to show you how to achieve your goals.

Our classes are available from early morning to evening, so you can decide the best time for you to come and enjoy working out in a group environment.

### How to book a fitness class:

- **The InspireAll app**

Available to download at:



- **Online**

If you are a member you can book onto a class using our online booking system up to seven days in advance. Visit:

[www.furzefieldleisurecentre.co.uk](http://www.furzefieldleisurecentre.co.uk)

- **By telephone**

You can call us on **01707 850500** and book with our reception team.

- **In person**

You can book with our reception team when you visit, just tell us the class you would like to attend and we will book you in.

We want all our customers to enjoy our fitness classes so please remember that the warm-up is a vital part of your workout and prepares your body for exercise, so make sure you arrive on time for your class. Should you arrive after the class has started then you may not be able to participate.

If you have booked a class and can't attend, please remember to **cancel your booking** to allow other customers to take your place.



## Furzefield

Leisure Centre

Mutton Lane, Potters Bar EN6 3BW

Tel: 01707 850500

[www.furzefieldleisurecentre.co.uk](http://www.furzefieldleisurecentre.co.uk)



Furzefield



InspireAll



InspireAll Leisure & Family Support Services manages these facilities in partnership with Hertsme Borough Council. InspireAll is a registered charity. Charity no. 1093653.

# Class timetable



**Furzefield**  
Leisure Centre

# Class timetable

Monday (am)	Monday (pm)	Tuesday (am)	Tuesday (pm)	Wednesday (am)	Wednesday (pm)	Thursday (am)	Thursday (pm)	Friday	Saturday	Sunday
06.30 <b>GRIT</b>   CARDIO Studio 1	12.30 Pilates Studio 1 <span>50+</span>	06.30 <b>STAGESFLIGHT</b> 07.25 Indoor Cycling Studio	12.30 Pilates Studio 2	06.30 <b>GRIT</b>   STRENGTH 07.00 Studio 1	12.00 Badminton Sports Hall <span>50+</span>	07.00 <b>STAGESFLIGHT</b> 07.55 Stages Flight Studio	13.30 Tai Chi Studio 1	06.30 <b>GRIT</b>   CARDIO 07.00 Studio 1	07.30 <b>GRIT</b>   STRENGTH 08.00 Studio 2	08.00 <b>STAGESFLIGHT</b> 08.55 Indoor Cycling Studio
07.00 <b>GRIT</b>   STRENGTH 07.30 Studio 1	13.30 Keep Fit Studio 1 <span>50+</span>	08.00 Yoga 08.55 Studio 1	17.00 Junior Indoor Football Sports Hall <span>J</span>	07.00 <b>GRIT</b>   CARDIO 07.30 Studio 1	12.30 Relaxation/ Meditation Studio 1	09.00 Bums, Legs & Tums 09.25 Studio 2	14.00 Walking Football <span>50+</span> 15.00 Astro	07.00 <b>GRIT</b>   STRENGTH 07.30 Studio 1	07.30 Yoga 08.25 Studio 1	08.00 Body Conditioning 08.55 Studio 1
08.30 FTP set-up 08.45 <b>STAGESFLIGHT</b> Indoor Cycling Studio	17.00 Junior Boxercise® <span>J</span> 17.55 Studio 1	09.00 Absolute Abs 09.25 Studio 2	18.00 Kettlercise® 18.55 Studio 1	09.00 Bums, Legs & Tums 09.25 Studio 2	18.00 <b>STAGESFLIGHT</b> 18.55 Indoor Cycling Studio	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	14.30 Line Dancing <span>50+</span> 16.00 Studio 1	08.00 Yoga 08.55 Studio 1	08.00 <b>GRIT</b>   CARDIO 08.30 Studio 2	09.00 Absolute Abs 09.25 Studio 2
08.50 FTP <b>STAGESFLIGHT</b> 09.20 Indoor Cycling Studio	18.00 <b>STAGESFLIGHT</b> 18.55 Indoor Cycling Studio	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	18.00 <b>STAGESFLIGHT</b> 18.55 Indoor Cycling Studio	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	18.00 Step 18.55 Studio 1	09.30 Yoga 10.25 Studio 2	16.00 Youth FTP set-up <b>STAGESFLIGHT</b> <span>J</span> 16.40 Indoor Cycling Studio	09.00 Absolute Abs 09.25 Studio 2	08.30 Pilates 09.25 Studio 1	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio
09.00 Absolute Abs 09.25 Studio 2	18.00 Box Circuit 18.55 Studio 1	09.30 Aerobics 10.25 Studio 1	18.05 Aqua Aerobics 19.00 Boom Pool	09.30 HIIT 10.25 Studio 1	19.00 Body Conditioning 19.55 Studio 1	09.30 Step 10.25 Studio 1	16.45 Youth FTP <b>STAGESFLIGHT</b> <span>J</span> 17.15 Indoor Cycling Studio	09.30 Box Circuit 10.25 Studio 2	08.15 <b>STAGESFLIGHT</b> 09.10 Indoor Cycling Studio	09.30 Bums, Legs & Tums 10.25 Studio 2
09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	19.00 Total NRG 19.55 Studio 1	09.35 HIIT 10.30 Studio 2	19.00 Box Circuit 19.55 Studio 1	09.30 Pilates on the Ball 10.25 Studio 2	19.00 HIIT 19.55 Studio 2	10.30 20:20:20 11.25 Studio 1	17.30 FTP 17.55 Indoor Cycling Studio	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	09.30 Pilates 10.25 Studio 2	09.30 Yoga 10.25 Studio 1
09.30 Box Circuit 10.25 Studio 2	19.10 <b>STAGESFLIGHT</b> 20.05 Indoor Cycling Studio	10.00 Walking Netball 11.00 Main Sports Hall	19.00 Yoga 19.55 Studio 2	10.30 myzone 11.15 Main Gym	19.00 myzone 19.55 Studio 2	10.30 Stretch & Tone 11.25 Studio 2	18.00 <b>STAGESFLIGHT</b> 18.55 Indoor Cycling Studio	09.30 Body Conditioning 10.25 Studio 1	09.30 <b>STAGESFLIGHT</b> 10.25 Indoor Cycling Studio	10.30 Yoga 11.25 Studio 1
09.30 Body Blast 10.25 Studio 1	19.55 Deep Water 20.40 Aqua Aerobics Boom Pool	10.30 Bums, Legs & Tums 11.25 Studio 1	19.10 <b>STAGESFLIGHT</b> 20.05 Indoor Cycling Studio	10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio	19.00 myzone 19.55 Studio 2	10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio	18.00 Pilates 18.55 Studio 1	10.30 myzone 11.15 Main Gym	09.30 Dance Aerobics 10.25 Studio 1	10.40 Family <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio
10.30 Circuits 11.25 Studio 2	20.00 Circuits 20.55 Studio 1	10.30 Kettlercise® 11.25 Studio 2	20.00 Yoga 20.55 Studio 1	10.30 Bums, Legs & Tums 11.25 Studio 1	19.00 HIIT 19.55 Studio 2	11.30 Pilates 12.25 Studio 1	18.00 Kettlercise® 18.55 Studio 2	10.30 Core Fitness 11.25 Studio 2	10.30 Yoga 11.25 Studio 2	
10.30 myzone 11.15 Main Gym		10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio		10.30 Keep Fit <span>50+</span> 11.30 Studio 2	19.00 HIIT 19.55 Studio 2	11.35 Aqua Aerobics 12.20 Boom Pool	18.00 HIIT 18.55 Studio 2	10.30 Yoga 11.25 Studio 1	10.30 Body Conditioning 11.25 Studio 1	
10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio		11.30 Pilates 12.25 Studio 1		11.30 Yoga 12.25 Studio 1			19.00 HIIT 19.55 Studio 1	10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio	10.40 <b>STAGESFLIGHT</b> 11.35 Indoor Cycling Studio	
10.30 Pilates 11.25 Studio 1							19.10 <b>STAGESFLIGHT</b> 20.05 Indoor Cycling Studio	11.40 Stretch / Pilates 12.35 Studio 1		
11.30 Relaxation/ Meditation Studio 1							20.15 Yoga 21.30 Studio 1	11.30 Aqua Aerobics 12.25 Boom Pool		
11.40 Aqua Aerobics 12.25 Boom Pool								11.30 Total NRG 12.25 Studio 2		
								12.45 Pilates 13.40 Studio 2		
								16.30 Junior Outdoor 17.25 Football <span>J</span> Astro		
								18.00 Box Circuit 18.55 Studio 1		
								18.15 <b>STAGESFLIGHT</b> 19.10 Indoor Cycling Studio		

**KEY:**

- High Intensity Interval Training
- Aerobic/Cardio
- Aqua
- Team Sports
- Strength & Endurance
- Mind & Body
- **STAGESFLIGHT** / Indoor Cycling
- **STAGESFLIGHT** FTP - Functional Threshold Power
- 50+ Low impact classes tailored to older adults
- J Junior classes (12-16 years)
- myzone

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.