

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	TANYA
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	ALEX
AQUA FIT	7:15PM-8:00PM	WENDY
META-FIT	7:30PM-8:00PM	ALEX
CLEAN EAT CLUB	8:00PM-8:30PM	PHILL
WEDNESDAY	CLASS TIME	INSTRUCTOR
DANCE FIT	11:00AM-12:00PM	TANYA
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
YOGA	8:45PM – 9:45PM	SARA
THURSDAY	CLASS TIME	INSTRUCTOR
STRETCH & TONE	9:30AM-10:30AM	FITNESS TEAM
KETTLERCISE	10:30AM-11:30AM	WENDY
BODY PUMP	12:00PM-1:00PM	RUTH
HIIT STEP	5:30PM – 6:00PM	CLAIRE
BOOTCAMP	6:00PM – 7:00PM	PAUL
RUNNING MADE EASY	6:00PM-7:00PM	RUTH
BODY COMBAT (14+)	7:00PM-8:00PM	RUTH
BODY PUMP	8:00PM-9:00PM	RUTH
FRIDAY	CLASS TIME	INSTRUCTOR
ZUMBA	9:30AM-10:30AM	TANYA
PILATES	10:30AM-11:30AM	TANYA
META-FIT	11:30AM-12:00PM	FITNESS TEAM
HIIT STEP	5:30PM – 6:00PM	CHLOE
BODY CONDITIONING	6:00PM – 7:00PM	CHLOE
SATURDAY	CLASS TIME	INSTRUCTOR
YOGA	9:15AM-10:15AM	ELLI
SUNDAY	CLASS TIME	INSTRUCTOR
BODY CONDITIONING	9:15AM-10:00AM	TANYA
PILATES	10:00AM-11:00AM	TANYA
BEGINNERS PILATES	11:00AM-12:00PM	TANYA

ADRENALINE - HASLINGDEN

MONDAY	CLASS TIME	INSTRUCTOR
VIRTUAL SPIN	7:15AM-8:00AM	FITNESS TEAM
↑ TONE ZONE WITH CRECHE	9:30AM-10:30AM	ADELE
↑ CIRCUIT CLASS LITE	10:45AM-11:45AM	FITNESS TEAM
↑ HOOPEROBICS	12:00PM-12:45PM	LAURA
↑ ADVANCED TAI CHI	1:00PM-2:00PM	HELENA/DAVID
↑ IMPROVERS TAI CHI	2:00PM-3:00PM	HELENA/DAVID
META-FIT	5:15PM-5:45PM	ALEX
DANCE-CYCLE	6:00PM-6:45PM	ANNIE
BARBELL TRAINING	6:00PM-7:00PM	ALEX
↑ 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	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 WITH CRECHE	9:30AM-10:30AM	RUTH
INDOOR CYCLING	10:30AM-11:15AM	RUTH
↑ TAI CHI	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
↑ CLEAN EAT CLUB	8:00PM-8:30PM	PHILL
↑ TAI CHI	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	LEWIS
↑ ZUMBA (14+)	11:00AM-12:00PM	SAMMY
↑ YOGA	12:15PM-1:15PM	ELLI
↑ CIRCUIT CLASS LITE	1:30PM-2:30PM	FITNESS TEAM
↑ HOOPEROBICS	5:30PM-6:30PM	LAURA
↑ INDOOR CYCLING	5:30PM-6:15PM	JANET
↑ INDOOR CYCLING	6:15PM-7:00PM	JANET
↑ BARBELL CIRCUIT	6:30PM-7:30PM	JOSH
↑ YOGA NIDRA	7:45PM-8:30PM	SARA
FRIDAY	CLASS TIME	INSTRUCTOR
INDOOR CYCLING	7:15AM-8:00AM	ANNA
↑ TONE ZONE WITH CRECHE	9:30AM-10:30AM	RUTH
↑ BEGINNERS TAI CHI	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
↑ 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
FREE WEIGH-IN	11:30AM-12:00PM	ADRENALINE CENTRE
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 UNK
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 LEISURE CENTRE
CIRCUIT LITE	1:00PM-2:00PM	MARL PITS
UP & ACTIVE GYM (LADIES ONLY)	1:30PM-2:30PM	ADRENALINE CENTRE
FREE WEIGH-IN	5:30PM-6:00PM	ADRENALINE CENTRE
UP AND ACTIVE GYM	6:00PM-7:00PM	ADRENALINE CENTRE

WEDNESDAY	CLASS TIME	WHERE
FAMILY HEALTH WALK	1:00PM-2:00PM	WHITWORTH LIBRARY
SEATED EXERCISE	2:15PM-3:00PM	MARL PITS LEISURE 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
WEIGH IN	12:30PM-1:30PM	ADRENALINE

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 aerobics 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.