

# FITNESS CLASS TIMETABLE

SEPTEMBER - DECEMBER 2018

**SAVE TIME  
BOOK  
ONLINE**



OVER  
**300**  
CLASSES  
PER WEEK



**BOOK ONLINE!** via [www.enjoyleisure.com](http://www.enjoyleisure.com)




## Now's the time to enjoy fitness!

enjoyleisure is proud to offer you the choice of over 300 fitness classes per week. The classes range from low to high impact and include the popular Les Mills programmes, Yoga, Pilates, Hatton Boxing, INSANITY and Spin-Fit.

## Sign up and book online!

We're thrilled to offer you the opportunity to sign up and book your fitness classes online! To login you'll need to have registered with enjoyleisure and have provided us with a valid email address. You can then visit [enjoyleisure.com](http://enjoyleisure.com) and use the 'forgotten pin' link to set your own personalised 4-digit PIN.

## Low Impact Classes

Adding physical activity to your daily routine boosts energy levels, reduces risk of long-term health conditions, improves your confidence; plus its great fun! If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the  symbol in the class listings.

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Class listings are correct at time of print, August 2018, but may be subject to change. All efforts will be made to avoid class cancellations; however this is not always possible. For the most up to date class listings please visit the book online pages on [www.enjoyleisure.com](http://www.enjoyleisure.com)

# FREQUENTLY ASKED QUESTIONS

## How do I book into a class?

In person at the centre, over the phone or via our online booking service via [www.enjoyleisure.com](http://www.enjoyleisure.com). Payment is required in advance. Classes can be booked up to 7 days in advance.

## How early should I turn up for a class?

Participants are asked to arrive 10 minutes before the start of a class. To respect others, there will be no admission after a class has started.

## Can I attend a class if I don't have a membership?

Yes. You can book and pay at reception, over the phone or online by debit/credit card up to 7 days in advance.

## How do I cancel a class booking?

If you are unable to attend, please provide as much notice as possible prior to the start of the class. Direct Debit paying members can cancel classes online. Otherwise please contact the Sports Centre. Messages can be left on Sports Centres' voicemail should you be unable to speak to a receptionist directly.

Please be aware; should you fail to cancel your place prior to the start time, a £2 charge will be applied to direct debit paying members and no refund will be given to non-members.

## How do I know which intensity level will be right for me?

Alongside each class we have provided a guide to the intensity levels of each of class:

- ▶ **Low intensity:** For those starting out
- ▶▶ **Medium intensity:** For those who exercise regularly
- ▶▶▶ **High intensity:** For those doing a lot of exercise regularly.

Intensity levels are given as a guide only. All exercise activities are undertaken at your own risk. If you have been or are currently being treated for a medical condition we strongly advise you to contact your GP prior to undertaking any physical activity.

## Do you offer a crèche service?

Yes. Classes noted with a 🚼 symbol indicate that a crèche service is available. The crèche is available to infants aged 3 months - 5 years. Crèche spaces are limited and should be booked in advance, pre-payment is required. Cancellation procedures apply.

## What should I wear?

Comfortable, lightweight clothing is best. You should also wear suitable, supportive footwear.

## What should I bring with me?

A bottle of water is a must to ensure you keep hydrated. A towel can be advantageous too. Please remember your **enjoyleisure** ID Card to register your attendance.

**Prices**    *Adult:*            £4.25 - £6.95  
              *Concession:*        £3.00 - £5.30

# Aubigny Sports Centre

Mill Wynd, Haddington ☎ 01620 820650



CLASS	TIME	INTENSITY	COACH
Aqua-Fit	8:30am - 9:15am	☹ ▶	♥ Karen
BodyCombat	9:15am - 10:00am	☹ ▶▶/▶▶	♥ Amanda
Funky Fitness	10:00am - 11:00am	☹ ▶	♥ Anna
BodyPump	10:10am - 10:55am	☹ ▶▶/▶▶	♥ Amanda
BodyBalance	11:10am - 11:55am	▶/▶▶	♥ Amanda
Kettlebells	5:30pm - 6:15pm	▶▶/▶▶	♥ Nicola
BodyPump	5:30pm - 6:30pm	▶▶/▶▶	♥ Scott B
Zumba	6:45pm - 7:30pm	▶▶	♥ Pam
<b>NEW</b> Body Suspension	7:40pm - 8:25pm	▶▶/▶▶	♥ Chris

Meta-Fit	9:05am - 9:35am	☹ ▶▶/▶▶	♥ Cristina
Body Suspension	9:35am - 10:05am	☹ ▶▶/▶▶	♥ Chris
Aqua-Fit	9:45am - 10:30am	☹ ▶	♥ Cristina
Body Suspension	10:10am - 10:40am	☹ ▶▶/▶▶	♥ Chris
Funky Fitness	10:45am - 11:30am	▶/▶▶	♥ Cristina
Pilates *	11:45am - 12:45pm	▶/▶▶	♥ Jill
Resistance Bands	12:30pm - 1:00pm	▶/▶▶	♥ Vicky
Fitness Fun	2:00pm - 3:00pm	▶	♥ Ramon
BodyAttack	5:30pm - 6:15pm	▶▶/▶▶	♥ Vicky
Resistance Bands	6:15pm - 6:45pm	▶/▶▶	♥ Vicky
Hatton Boxing	6:45pm - 7:30pm	▶▶/▶▶	♥ Vicky
Aqua-Fit	7:30pm - 8:15pm	▶	♥ Karen
Spin-Fit	7:40pm - 8:40pm	▶▶	♥ Norman

Spin Express	7:30am - 8:00am	▶▶	♥ Norman
VI PR	8:00am - 8:45am	▶▶/▶▶	♥ Colin
Zumba	9:15am - 10:00am	☹ ▶▶	♥ Pam
<b>NEW</b> BodyBalance	9:15am - 10:00am	☹ ▶/▶▶	♥ Laura
<b>NEW</b> BodyAttack	10:05am - 10:50am	☹ ▶▶/▶▶	♥ Laura
<b>NEW</b> PiYO	10:15am - 11:00am	☹ ▶/▶▶	♥ Pam
<b>NEW</b> Body Suspension	10:55am - 11:40am	▶▶/▶▶	♥ Laura
Pilates	11:30am - 12:15pm	▶/▶▶	♥ Amanda
Yoga	12:15pm - 1:00pm	▶/▶▶	♥ Amanda
Funky Fitness	2:30pm - 3:30pm	▶	♥ Karen
<b>NEW</b> BodyAttack	5:30pm - 6:15pm	▶▶/▶▶	♥ Vicky
MetaFit	6:20pm - 6:50pm	▶▶/▶▶	♥ Vicky
BodyPump	7:00pm - 7:45pm	▶▶/▶▶	♥ Vicky



**CLASS TIME INTENSITY COACH**

THU

	BodyPump	7:30am - 8:15am	▶▶/▶▶▶	Vicky
<b>NEW</b>	HIIT Step	9:05am - 9:50am	☹ ▶▶/▶▶▶	Vicky
	Spin & Tone	9:15am - 10:15am	☹ ▶▶/▶▶▶	Anna
	Body Suspension	10:00am - 10:30am	☹ ▶▶/▶▶▶	Steven
	BodyBalance	10:30am - 11:15am	☹ ▶/▶▶	♥ Amanda
	Pilates	11:15am - 12:00pm	▶/▶▶	♥ Amanda
	Yoga	12:00pm - 12:45pm	▶/▶▶	♥ Amanda
	Zumba	5:20pm - 6:05pm	▶▶	Pam
	BodyPump	5:30pm - 6:15pm	▶▶/▶▶▶	Scott B
	Yoga	6:15pm - 7:15pm	▶/▶▶	♥ Sue
	Agility Circuits	6:30pm - 7:15pm	▶▶/▶▶▶	Scott B

FRI

	Spin Express	7:30am - 8:00am	▶▶▶	Norman
	BodyPump	9:05am - 10:05am	☹ ▶▶/▶▶▶	Gaynor
<b>NEW</b>	Resistance Bands	9:30am - 10:00am	☹ ▶/▶▶	♥ Vicky
	BodyAttack	10:15am - 10:45am	☹ ▶▶/▶▶▶	Vicky
	Spin-Fit	4:45pm - 5:45pm	▶▶▶	Richard
	BodySuspension	5:00pm - 5:45pm	▶▶/▶▶▶	Laura
<b>NEW</b>	BodyCombat	6:00pm - 7:00pm	▶▶/▶▶▶	Laura
<b>NEW</b>	BodyBalance	7:10pm - 7:55pm	▶/▶▶	♥ Laura

SAT

	Aerotone	9:00am - 10:00am	▶▶	Marion
	BodyPump	9:05am - 10:05am	▶▶/▶▶▶	Richard
	Abs Blast	10:10am - 10:40am	▶▶	Vicky
	Spin-Fit	10:45am - 11:30am	▶▶▶	Vicky
	Zumba	11:45am - 12:30pm	▶▶	Gus

SUN

	Spin Express	9:00am - 9:30am	▶▶▶	Richard T / Richard H
<b>NEW</b>	MetaFit	9:45am - 10:15am	▶▶/▶▶▶	Chris / Richard H
	Pilates *	9:45am - 10:45am	▶/▶▶	♥ Jill

\* From 1st Sep to 16th Oct only

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change.

# Dunbar Leisure Pool

Castlepark, Dunbar T 01620 820655

	CLASS	TIME		INTENSITY	COACH
MON	BodyAttack	9:30am - 10:30am	☹	▶▶/▶▶▶	Laura
	Aqua-Fit	10:05am - 10:50am	☹	▶/▶▶	♥ Cristina
	BodyBalance	10:30am - 11:15am	☹	▶▶	♥ Laura
	<b>NEW</b> Aqua-Natal	11:00am - 11:45am		▶	Cristina
	Body Suspension	11:15am - 12:00pm		▶▶/▶▶▶	Laura
	<b>NEW</b> Ballet Stretches	12:00pm - 12:45pm		▶/▶▶	Cristina
	MetaFit	5:55pm - 6:25pm		▶▶/▶▶▶	Phil/Martin
	Step	6:30pm - 7:15pm		▶▶	Jill
	Spin-Fit	7:25pm - 8:10pm		▶▶/▶▶▶	Marta
	Pilates	8:15pm - 9:00pm		▶/▶▶	Jill
TUE	BodyCombat	9:10am - 9:55am	☹	▶▶/▶▶▶	Amanda
	BodyPump	10:05am - 10:50am	☹	▶▶/▶▶▶	Amanda
	Yoga	11:00am - 11:45am		▶/▶▶	♥ Amanda
	BodyPump	5:45pm - 6:30pm		▶▶/▶▶▶	Martin / Phil
	Spin-Fit	6:40pm - 7:25pm		▶▶/▶▶▶	Marta
	<b>NEW</b> MetaFit	7:30pm - 8:00pm		▶▶/▶▶▶	Marta/Darryl
	Aqua-Fit	7:30pm - 8:15pm		▶/▶▶	♥ Cristina
WED	MetaFit	9:10am - 9:40am	☹	▶▶/▶▶▶	Vicky
	Spin-Fit	9:45am - 10:30am	☹	▶▶/▶▶▶	Vicky
	Aqua-Fit	10:05am - 10:50am	☹	▶/▶▶	♥ Cristina
	BodyPump Express	10:35am - 11:05am	☹	▶▶/▶▶▶	Vicky
	Pilates	11:15am - 12:00pm		▶/▶▶	Jill
	<b>NEW</b> Yoga	12:00pm - 1:00pm		▶▶/▶▶▶	Jill
	Super Circuits	5:45pm - 6:45pm		▶▶/▶▶▶	Marta
	BodyCombat	6:45pm - 7:30pm		▶▶/▶▶▶	Laura
	Zumba	7:30pm - 8:15pm		▶▶	Laura
	<b>NEW</b> BodyBalance	8:15pm - 9:00pm		▶▶	Laura
THU	Kettlebells	9:30am - 10:15am	☹	▶▶/▶▶▶	Laura
	BodyCombat	10:15am - 11:00am	☹	▶▶▶	Laura
	BodyBalance	11:00am - 11:45am		▶▶	♥ Laura
	Spin-Fit	5:45pm - 6:30pm		▶▶/▶▶▶	Marta/Eszter
	<b>NEW</b> BodyPump	6:40pm - 7:25pm		▶▶/▶▶▶	Kristina
	<b>NEW</b> Ballet Stretches	7:30pm - 8:15pm		▶/▶▶	Cristina
	<b>NEW</b> Pilates	8:15pm - 9:00pm		▶/▶▶	Kristina
FRI	MetaFit	9:10am - 9:40am	☹	▶▶/▶▶▶	Kristina/Marta
	Spin Express	9:45am - 10:15am	☹	▶▶/▶▶▶	Kristina/Marta
	Aqua-Fit	10:10am - 10:55am	☹	▶/▶▶	♥ Phil/Marta/Kristina
	Body Suspension	10:20am - 11:05am	☹	▶▶/▶▶▶	Darryl/Martin
	BodyPump	5:45pm - 6:30pm		▶▶/▶▶▶	Phil /Martin
SAT	<b>NEW</b> BodyCombat	9:15am - 10:00am		▶▶/▶▶▶	Laura
	<b>NEW</b> BodyAttack	10:00am - 10:45am		▶▶/▶▶▶	Laura
	BodyBalance	10:45am - 11:30am		▶▶	♥ Laura
SUN	BodyPump	9:15am - 10:00am		▶▶/▶▶▶	Martin / Kristina
	Spin Express	10:15am - 10:45am		▶▶/▶▶▶	Phil /Marta

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change.

# ONLINE BOOKING

enjoyleisure is delighted to offer an online booking service!

Sign up, View, Book and Pay for Fitness Classes via [enjoyleisure.com](http://enjoyleisure.com)



## How do I login?

To access the online booking service you must have registered with **enjoyleisure**, providing an active email address.



Once registered, visit [enjoyleisure.com](http://enjoyleisure.com) and select BOOK ONLINE. From here click on the 'Forgotten PIN' link to set your own personalised 4-digit PIN number.



## JOIN ONLINE

All Inclusive Fitness Memberships

**£32**.50  
per month

GYM | SWIM  
CLASSES | RELAX

[www.enjoyleisure.com](http://www.enjoyleisure.com)



# Loch Centre

Well Wynd, Tranent † 01875 824140



**CLASS** **TIME** **INTENSITY** **COACH**

	BodyPump	9:35am - 10:30am	😊	▶▶/▶▶▶	Scott B
	Spin-Fit	9:35am - 10:35am	😊	▶▶▶	Vicky
<b>NEW</b>	Resistance Bands	10:40am - 11:10am	😊	▶▶	Vicky
	Spin-Fit	10:45am - 11:30am	😊	▶▶▶	Scott B
	Funky Fitness	11:15am - 12:00pm	▶/▶▶	♥	Kirsty L
<b>NEW</b>	AquaFit	12:15pm - 1:00pm	▶/▶▶		Kirsty L
	MetaFit	4:45pm - 5:15pm	▶▶/▶▶▶		Gaynor
	Legs Bums & Tums	5:15pm - 6:00pm	▶▶		Gaynor
	Zumba	5:15pm - 6:00pm	▶▶		Pam
	Step & Tone	6:05pm - 7:00pm	▶▶		Gaynor
	BodyCombat	6:00pm - 6:45pm	▶▶/▶▶▶		Kirsty L
	BodyPump	7:00pm - 7:55pm	▶▶/▶▶▶		Scott B
<b>NEW</b>	Dance Aerobics	8:00pm - 8:45pm	▶▶/▶▶▶		Debbie

	Aqua-Fit	8:45am - 9:30am		▶	♥	Bill
	HIIT	9:35am - 10:30am	😊	▶▶/▶▶▶		Pam
	Spin-Fit	10:30am - 11:15am	😊	▶▶▶		Scott B
	Zumba	10:30am - 11:15am	😊	▶▶		Kirsty L
	Funky Fitness	11:15am - 12:00pm	▶		♥	Kirsty L
	Spin-Fit	5:15pm - 6:00pm		▶▶▶		Scott B
<b>NEW</b>	Fitness Pilates	5:15pm - 6:15pm		▶/▶▶		Kirsty L
	BodyPump	5:30pm - 6:15pm		▶▶/▶▶▶		Gaynor
	Legs, Bums & Tums	6:25pm - 7:25pm		▶▶		Gaynor
	Aqua-Fit	7:15pm - 8:00pm		▶	♥	Bill
	Hatton Boxing	7:30pm - 8:20pm		▶▶/▶▶▶		Chris
	Kettlebells	8:20pm - 9:00pm		▶/▶▶		Chris

	Aqua-Fit	9:30am - 10:10am	😊	▶	♥	Kirsty L
	Agility Circuits	9:35am - 10:35am	😊	▶▶/▶▶▶		Scott B
	BodyCombat	10:35am - 11:30am	😊	▶▶/▶▶▶		Kirsty L
	Spin-Fit	10:45am - 11:30am	😊	▶▶▶		Scott B
<b>NEW</b>	Zumba	11:30am - 12:15pm		▶▶		Kirsty L
	Teen Fit Gym	4:00pm - 5:00pm				Pam
	Legs, Bums & Tums	4:45pm - 5:30pm		▶▶		Gaynor
	MetaFit	5:30pm - 6:00pm		▶▶/▶▶▶		Scott B
	Step & Tone	5:30pm - 6:30pm		▶▶		Gaynor

Class Descriptions can be found on page 14 & 15.





# Meadowmill Sports Centre

Off the B1361, Tranent T 01875 619079



	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	4:35pm - 5:20pm	▶▶	Gary/Greg
	High Intensity	5:30pm - 6:00pm	▶▶	Kerry
	Spin-Fit	6:05pm - 6:50pm	▶▶	Kerry
	Hatton Boxing	7:00pm - 7:45pm	▶▶/▶▶▶	Kerry
TUE	Hatton Boxing	9:30am - 10:15am	▶▶/▶▶▶	Gary
	<b>NEW</b> Spin-Fit	10:20am - 11:05am	▶▶▶	Gary
	Spin Express	12:15pm - 12:45pm	▶▶▶	Gary/Darren
	Indoor Boot Camp	6:15pm - 7:00pm	▶▶	Kerry
	Spin-Fit	7:05pm - 7:50pm	▶▶▶	Kerry
WED	Spin-Fit	6:15pm - 7:00pm	▶▶▶	Alex
	MetaFit	7:05pm - 7:35pm	▶▶/▶▶▶	Alex
THU	Spin-Fit Express	9:30am - 10:00am	▶▶▶	Gary
	High Intensity	10:05am - 10:35am	▶▶▶	Gary
	Circuits	6:15pm - 7:00pm	▶▶/▶▶▶	Chris
	Spin-Fit	7:05pm - 7:50pm	▶▶▶	Greg
FRI	Spin-Fit	9:15am - 10:00am	▶▶▶	Gary / Greg
SAT	Spin-Fit	9:15am - 10:00am	▶▶▶	Gary / Kay
	<b>NEW</b> High Intensity	10:05am - 10:35am	▶▶/▶▶▶	Gary / Kay

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change.



## KEEP YOUR FINGER ON THE PULSE!

If you like to be first in the know about what's going on when and where, make sure you sign up to our facebook and twitter pages:



 [enjoyleisure.eastlothian](https://www.facebook.com/enjoyleisure.eastlothian)

 [@Enjoy\\_Leisure](https://twitter.com/Enjoy_Leisure)

# Mercat Gait Centre

Preston Road, Prestonpans T 01875 815483



	CLASS	TIME	INTENSITY	COACH
MON	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Aqua-Fit	9:00am - 9:45am	☹ ▶▶ ❤	Leisure Staff
	Spinning	6:00pm - 6:45pm	▶▶/▶▶▶	Leisure Staff
	Kettlebells	7:00pm - 7:45pm	▶▶	Leisure Staff

TUE	Kettlebells	7:40am - 8:25am	▶▶	Leisure Staff
	Spin Express	9:00am - 9:30am	▶▶▶	Leisure Staff
	Spin & Circuits	6:00pm - 7:00pm	▶▶/▶▶▶	Leisure Staff
	High Intensity	7:15pm - 8:00pm	▶▶▶	Leisure Staff
	Abs Blast	8:05pm - 8:25pm	▶▶	Leisure Staff

WED	Aqua-Fit	9:15am - 10:00am	▶▶ ❤	Leisure Staff
	Booty & Abs Blast	10:00am - 10:45am	▶▶	Leisure Staff
	Kettlercise	6:00pm - 6:45pm	▶▶	Leisure Staff
	Spinning	7:00pm - 7:45pm	▶▶/▶▶▶	Leisure Staff
	Deep Water Aqua-Fit	8:00pm - 8:45pm	▶▶	Leisure Staff

THU	Body Suspension	7:40am - 8:20am	▶▶/▶▶▶	Leisure Staff
	High Intensity	9:30am - 10:15am	▶▶▶	Leisure Staff
	Booty & Abs Blast	6:00pm - 6:45pm	▶▶	Leisure Staff
	Boxercise	6:50pm - 7:50pm	▶▶▶	Leisure Staff
	Aqua-Fit (Ladies only)	8:00pm - 8:45pm	▶▶ ❤	Leisure Staff

FRI	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Circuits	9:15am - 10:15am	☹ ▶▶▶	Leisure Staff
	Teen Fit Gym	2:00pm - 3:00pm		Leisure Staff
	Body Suspension	5:00pm - 5:40pm	▶▶▶	Leisure Staff
	Spinning	6:00pm - 6:45pm	▶▶/▶▶▶	Leisure Staff

SAT	Spin Circuits	9:30am - 10:30am	▶▶/▶▶▶	Leisure Staff
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Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change.

# Musselburgh Sports Centre

Newbigging, Musselburgh T 0131 653 5208

	CLASS	TIME		INTENSITY	COACH
MON	BodyPump	9:20am - 10:10am	☹	▶▶/▶▶▶	Kirsty L
	Zumba	10:10am - 10:55am	☹	▶▶	Kirsty L
	Fitness Fun	11:15am - 12:15pm		▶/▶▶	♥ Ramon
	BodyCombat	5:40pm - 6:25pm		▶▶/▶▶▶	Gillian
	Step & Tone	6:30pm - 7:30pm		▶▶	Linda
	Yoga	7:45pm - 8:45pm		▶/▶▶	♥ Dianne/Kirsten
TUE	Piloxing	9:20am - 10:05am	☹	▶▶	Kirsty M
	Fitness Pilates	10:10am - 11:10am	☹	▶▶	Kirsty M
	Gym Assist	11:15am - 12:15pm			Ramon
	BodyPump	5:15pm - 6:00pm		▶▶/▶▶▶	Kirsty L
	BodyCombat	6:10pm - 6:40pm		▶▶/▶▶▶	Kirsty L
	Body Conditioning	6:45pm - 7:45pm		▶▶	Linda
	PIYO	7:50pm - 8:50pm		▶▶/▶▶▶	Kirsty M
WED	BodyCombat	7:15am - 8:00am		▶▶/▶▶▶	Kirsty L
	BodyPump	9:20am - 10:05am	☹	▶▶/▶▶▶	Dawn
	<b>NEW</b> Pilates	10:10am - 11:00am	☹	▶/▶▶	Dawn
	Fitness For All	11:15am - 12:15pm		▶	♥ Ramon
	Meta-Fit	5:15pm - 5:45pm		▶▶/▶▶▶	Kirsty M
	Piloxing	5:45pm - 6:30pm		▶▶	Kirsty M
	Step & Tone	6:45pm - 7:45pm		▶▶	Linda
	Yoga	8:00pm - 9:00pm		▶/▶▶	♥ Kirsten
THU	Kettlebells	9:20am - 10:05am	☹	▶▶	Kirsty M
	Fitness Pilates	10:10am - 11:10am	☹	▶▶	♥ Kirsty M
	Funky Fitness	11:15am - 12:15pm		▶/▶▶	♥ Laura
	BodyCombat	5:30pm - 6:15pm		▶▶/▶▶▶	Gillian
	<b>NEW</b> Spin-Fit	6:30pm - 7:15pm		▶▶/▶▶▶	Jamie
	MetaFit	7:25pm - 7:55pm		▶▶/▶▶▶	Kirsty M
	Fitness Pilates	8:00pm - 9:00pm		▶/▶▶	Kirsty M
FRI	Yoga	7:30am - 8:15am		▶/▶▶	♥ Kirsten
	BodyCombat	9:20am - 10:00am	☹	▶▶	Amanda
	BodyPump	10:05am - 10:35am	☹	▶▶▶	Amanda
	BodyBalance	10:40am - 11:10am	☹	▶/▶▶	♥ Amanda
	Teen Fit Gym	1:00pm - 2:00pm			Leisure Assistant
	BodyCombat	5:15pm - 6:15pm		▶▶/▶▶▶	Gillian
	Box Circuit	6:30pm - 7:30pm		▶▶	Ramon
	That 80's Workout	7:45pm - 8:45pm		▶▶	Laura
SAT	BodyCombat	9:15am - 10:00am		▶▶/▶▶▶	Amanda
	BodyBalance	10:15am - 11:00am		▶/▶▶	♥ Amanda
	BodyPump	11:15am - 12:15pm		▶▶/▶▶▶	Gaynor
SUN	MetaFit	9:30am - 10:00am		▶▶/▶▶▶	Kirsty M
	<b>NEW</b> Fitness Pilates	10:00am - 11:00am		▶/▶▶	Kirsty M

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.

# North Berwick Sports Centre

Grange Rd, North Berwick T 01620 820730

	CLASS	TIME		INTENSITY	COACH	
MON	Aqua-Fit Circuits	9:15am - 10:00am	☹	▶▶	♥	Joyce
	Legs, Bums & Tums	9:15am - 10:15am	☹	▶▶/▶▶		Gina
	ViPR	10:30am - 11:15am	☹	▶▶/▶▶▶		Colin
	Yoga	2:15pm - 3:15pm		▶▶/▶▶	♥	Sue
	BodyPump	6:15pm - 7:00pm		▶▶/▶▶▶		Judi
	BodyBalance	7:15pm - 8:00pm		▶▶/▶▶		Judi
	MetaFit	7:30pm - 8:00pm		▶▶/▶▶▶	♥	Eilidh
	Spin-Fit	8:15pm - 9:15pm		▶▶/▶▶▶		Eilidh
TUE	Teen Fit Gym	7:00am - 8:00am				Richard
	MetaFit	9:15am - 10:45am	☹	▶▶/▶▶▶		Vicky
	Body Conditioning	9:30am - 10:15am	☹	▶▶/▶▶		Joyce
	BodyPump	9:55am - 10:40am	☹	▶▶/▶▶▶		Vicky
	Abs Blast	10:45am - 11:15am	☹	▶▶/▶▶▶		Vicky
	Seats & Beats	1:30pm - 2:15pm		▶	♥	Joyce
	Teen Fit Gym	4:30pm - 5:30pm				Richard
	MetaFit	5:15pm - 5:45pm		▶▶/▶▶▶		Jane
	Toning	6:00pm - 7:00pm		▶▶		Gina
	Spin-Fit	7:00pm - 7:45pm		▶▶/▶▶▶		Eilidh
WED	Aqua-Fit	9:15am - 10:00am	☹	▶▶/▶▶	♥	Joyce
	Circuits	9:15am - 10:15am	☹	▶▶/▶▶		Vharri
	ViPR	10:15am - 11:00am	☹	▶▶/▶▶▶		Colin
	Pilates	10:20am - 11:05am	☹	▶▶/▶▶	♥	Vharri
	Zumba	1:00pm - 1:45pm		▶▶/▶▶		Gus
	MetaFit	5:30pm - 6:00pm		▶▶/▶▶▶		Jane
	Body Conditioning	6:15pm - 7:00pm		▶▶		Jane
	Spin-Fit	7:15pm - 8:15pm		▶▶/▶▶▶		Jane
THU	Teen Fit Gym	7:30am - 8:30am				Richard
	Ballet Stretches	8:45am - 9:30am		▶▶/▶▶	♥	Cristina
	Aqua-Fit Circuits	9:15am - 10:00am	☹	▶▶/▶▶	♥	Joyce
	MetaFit	9:30am - 10:00am	☹	▶▶/▶▶▶		Cristina
	Aqua-Fit	10:15am - 11:00am	☹	▶▶/▶▶	♥	Cristina
	Yoga	2:30pm - 3:30pm		▶▶/▶▶	♥	Sue
	BodyPump	6:15pm - 7:00pm		▶▶/▶▶▶		Judi
	BodyBalance	7:15pm - 8:00pm		▶▶/▶▶	♥	Judi
	Legs, Bums & Tums	7:15pm - 8:00pm		▶▶		Gina
	Spin-Fit	8:15pm - 9:15pm		▶▶/▶▶▶		Eilidh
FRI	MetaFit	9:15am - 9:45am	☹	▶▶/▶▶▶		Vharri
	Aqua-Fit	9:15am - 10:00am	☹	▶▶/▶▶	♥	Joyce
	Pilates	10:00am - 10:45am	☹	▶▶/▶▶	♥	Vharri
	Spin-Fit	11:00am - 11:45am		▶▶/▶▶▶		Jane
	Teen Fit Gym	12:30pm - 1:30pm				Richard
	Teen Fit Gym	1:30pm - 2:30pm				Richard
	MetaFit	5:30pm - 6:00pm		▶▶/▶▶▶		Jane
SAT	MetaFit	9:00am - 9:30am		▶▶/▶▶▶		Jane
	Spin-Fit	9:30am - 10:30am		▶▶/▶▶▶		Ailsa
SUN	Tai Chi Chuan	11:00pm - 12:30pm		▶▶/▶▶	♥	Chris A
	Teen Fit Gym	3:00pm - 4:00pm				Leisure Staff

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.

# CLASS DESCRIPTIONS

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## Abs Blast

This class uses bodyweight training exercises and mat work to strengthen and condition the abdominals and key core muscles.

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## Aerotone

A mixture of high and low impact aerobic workouts to provide a fun fitness class to shape and tone the body.

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## Agility Circuits

All action circuit class to encourage you to push yourself to achieve increased fitness levels and speed of movement.

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## Aqua-Fit

This class will relieve the stress on joints whilst improving your cardiovascular fitness and mobility.

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## Aqua-Fit Circuits

A unique aqua-fit class using apparatus to provide resistance training under water.

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## Ballet Stretches

Improve core strength, joint mobility, postural awareness, balance, coordination and flexibility.

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## Body Conditioning

A great fitness class to work all major muscle groups combining aerobic and strength conditioning exercises; incorporating the use of hand held weights.

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## BodyAttack®

The sports-inspired, interval training class combining athletic aerobic movements with strength and stabilisation exercises.

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## BodyBalance®

A Yoga, Tai Chi and Pilates inspired workout that builds flexibility and strength, leaving you feeling centered and calm.

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## BodyCombat®

An energetic program inspired by martial arts; strike, punch, kick and kata your way to superior cardio fitness.

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## BodyPump®

The fastest way to shape up and lose body fat. BodyPump is an intensive toning and conditioning class using weights.

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## Body Suspension

Train your entire body and build strength with this excellent core conditioning and abdominal workout. Adjustable for all fitness levels.

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## Boot Camp

An interval training and circuit workout incorporating plyometric and bodyweight exercises.

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## Booty Camp

A high intensity, cardio burning workout to aid weight loss and improve conditioning.

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## Box Circuits / Boxercise

Upper body workout with glove and pad combination, followed by abdominal work.

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## Circuits

A class that utilises weights and other pieces of equipment to improve fitness and strength.

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## Dance Aerobics

An addictive fusion of simple but hot dance and aerobic moves. The perfect way to shape up and let out your inner star - even if you're dance challenged!

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## Fitness For All

A gentle but very effective workout combining seated and standing exercises using a variety of fitness equipment, to improve balance, coordination, flexibility, strength and stamina.

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## Fitness Fun

Gentle exercise class for people with additional support needs. Activities improve elasticity and strength, reduce muscle mass loss, improve circulation and help combat pain.

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## Fitness Pilates

Set at a faster pace than a standard pilates class, you'll increase flexibility, mobility and strength without bulking up.

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## Functional Fitness

A strength, cardio and flexibility training work out. Great for spinal and postural care supporting every day activities. Suitable for all fitness levels.

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## Funky Fitness


A low impact aerobics exercise class, suited to those looking to get more active or rehabilitating from injury.

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## Gym Assist

Based in the gym, the instructor will provide information, support and encouragement to get the most from your workout and achieve your health and fitness goals.

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If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the  symbol in the class listings.

### **Hatton Boxing**

Performing traditional boxing drills this class will assist weight loss, increase muscle tone and fitness levels.

### **INSANITY® / High Intensity / HIIT**

A high intensity cardio workout using your own body weight as resistance. Using 'Max Interval Training' techniques, this class is not for the faint hearted!

### **Kettlebells / Kettlercise®**

Target key muscle groups including abs, gluts, arms and thighs for maximum effectiveness using Kettlebells.

### **Legs, Bums & Tums**

This class is a combination of hi-lo aerobics exercises specifically for toning the mid to lower body.

### **MetaFit®**

A 30min interval training blitz that increases your metabolism and your overall fitness.

### **Music & Movement**

Gentle exercises to promote sensory stimulation and physical movement. Beneficial for people with additional needs but open to all.

### **Pilates** ♥

Pilates will enable you to increase in flexibility, mobility and strength without bulking up whilst experiencing a sense of calm and relaxation.

### **Piloxing®**

This class mixes Pilates and boxing moves into a calorie burning, muscle sculpting, core-centric interval workout.

### **PiYO**

An intensive Pilates and yoga inspired workout that will sculpt your body, scorch calories, define your core and improve flexibility.

### **Resistance Bands**

A 30min toning workout utilising resistance bands to tone and sculpt all areas of the body.

### **Seats & Beats** ♥

A low impact exercise class incorporating chair exercises focusing on balance, stability and coordination.

### **Spin Circuit**

30mins Spin, followed by 30mins circuits.

### **Spin-Fit / Spinning® / Spin Express**

A high intensity workout using stationary exercise bikes.

### **Step & Tone**

A high impact aerobics class using steps which works on toning the muscles and improving cardiovascular fitness.

### **Stretch & Strength** ♥

Gentle exercises to improve elasticity and strength, reduce muscle mass loss, improve circulation and combat pain. Ideal for those starting an exercise programme and rehabilitating from injury.

### **Swiss Ball Workout**

A strength and conditioning workout focusing on developing balance and toning core abdominal muscles by using Swiss Balls.

### **Tai Chi Chuan** ♥

This 'internal' martial art encourages relaxation while improving physical coordination, balance, body awareness and confidence.

### **Teen Fit Gym**

A supervised gym session for teenagers aged 13 - 16 years

### **ViPR**

Bridges the gap between movement and strength training. It combines full-body movement with load, enhancing the vitality, performance and reconditioning goals.

### **Yoga** ♥

Yoga is an ancient system of breathing practices, physical exercises and postures as well as meditation intended to integrate body, mind, and spirit.

### **Yogalates** ♥

Using a combination of Yoga and Pilates disciplines this class is aimed at perfecting balance using focus. Relax, relieve stress and perfect your posture.

### **Zumba®**

The Zumba program fuses hypnotic Latin and International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the ♥ symbol in the class listings.



enjoyleisure is proud to offer residents and visitors to East Lothian an abundance of sports and leisure facilities throughout the county.



Aubigny Sports Centre,  
Haddington  
☎ 01620 820650

Meadowmill Sports Centre,  
by Tranent  
☎ 01875 619079

Dunbar Leisure Pool,  
Dunbar  
☎ 01620 820655

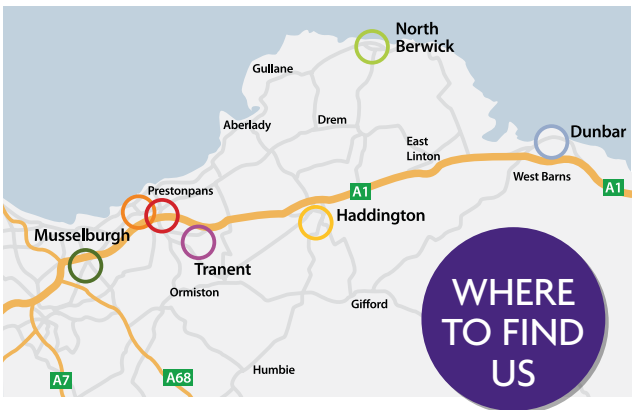
Musselburgh Sports Centre,  
Musselburgh  
☎ 0131 653 5208

Loch Centre,  
Tranent  
☎ 01875 824140

North Berwick Sports Centre,  
North Berwick  
☎ 01620 820730

Mercat Gait Centre,  
Prestonpans  
☎ 01875 815483

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