

MON

TUE

WED

THU

FRI

SAT

SUN



**carnbrea**  
leisure centre

Class Timetable

Book NOW via the CBLC website

### Body Pump

BODYPUMP™ is **THE ORIGINAL BARBELL CLASS™**, the ideal workout for anyone looking to get lean, toned and fit – fast.

Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total body workout.

### Body Step

In a BODYSTEP workout you can expect a **mixture of upbeat, rhythmic stepping, with squat and lunge patterns** to work the legs.

### Body Combat

Step into a BODY COMBAT workout and you'll **punch and kick your way to fitness**.

This **high-energy martial-arts inspired workout** is totally non-contact and there are no complex moves to master.

### Body Balance

You can expect to **bend and stretch** through a series of simple yoga moves, elements of **Tai Chi** and **Pilates** while an inspiring soundtrack plays in the background.

### 0700 - 0730 Early HIIT

**HIIT training is great for those who are short on time** as a way of maximising your time spent in the gym.

HIIT training leads to **greater EPOC** (excess post-exercise oxygen consumption) when compared to continuous exercise.

### Kettlebells

**Strengthen and tone your whole body!** You will swing, lunge and squat your way to a more toned body whilst improving your **strength, flexibility and cardiovascular endurance** in our Kettlebells class.

### Abs Blast

Abs Blast is a **high intensity 30 min workout**. Designed to challenge your abs and burn fat.

### Yoga

Yoga, like life, is **about finding bliss and serenity in the moment**. Everyone can practice yoga. Regardless of age, experience, or level of flexibility.

### Pilates

Pilates is a **body conditioning routine** that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.

### Zumba

Zumba is a fitness program involving **dance and aerobic elements**. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.

### Zumba Toning

Perfect for **those who want to party**, but put extra emphasis on **toning and sculpting** to define those muscles!

### Stick Mobility

This **revolutionary new training system** benefits everyone through a progressive approach to fitness, mobility, and muscle activation, regardless of age or level of performance. **Simple, fun and effective.** Stick Mobility will unlock the inhibited movements that prevent optimal function and health.

### Core Conditioning

Core conditioning is a 30min class focused on **improving core strength** with exercises that require abdominal contraction, extension, rotation and holds. A strong core contributes to **better balance, flexibility and cardio performance**, and helps you do basic tasks like lifting heavy objects.

### 0700 - 0800 Boot Camp

You will be put to the test with **cardio and bodyweight exercises**. All held outside on the **fabulous CBLC running track/field**. All fitness levels are welcome, expect a bit of running, some push-ups and sit-ups etc (and lots more). But options will be offered if needed.

#### Booking and Payment:

We welcome both members and non-members to all our classes, and highly recommend booking in advance. If you are a member you can book up to 9 days in advance either online, over the phone or in the Centre.

If you are not a member you can book up to 7 days in advance either in person, or over the phone on 01209 714766 (option 1). Please note that payment will be required on booking for all classes, so please have a credit or debit card to hand.

#### Cancellation:

We operate a 24 hour cancellation policy. Bookings cancelled with the required 24 hours notice can be rearranged, or refunded in the form of a refund voucher. Any booking cancelled with less than 24 hours notice will not be eligible for any refund or transfer.

Carn Brea Leisure Centre offers the widest range of fitness classes in Cornwall, with over 70 classes each week taking place in our two fully air-conditioned studios, sports hall, athletics track or 25m swimming pool.

All classes are open to participants aged 14 and over, apart from Body Pump where the participants must be accompanied by a parent/guardian up to the age of 16.