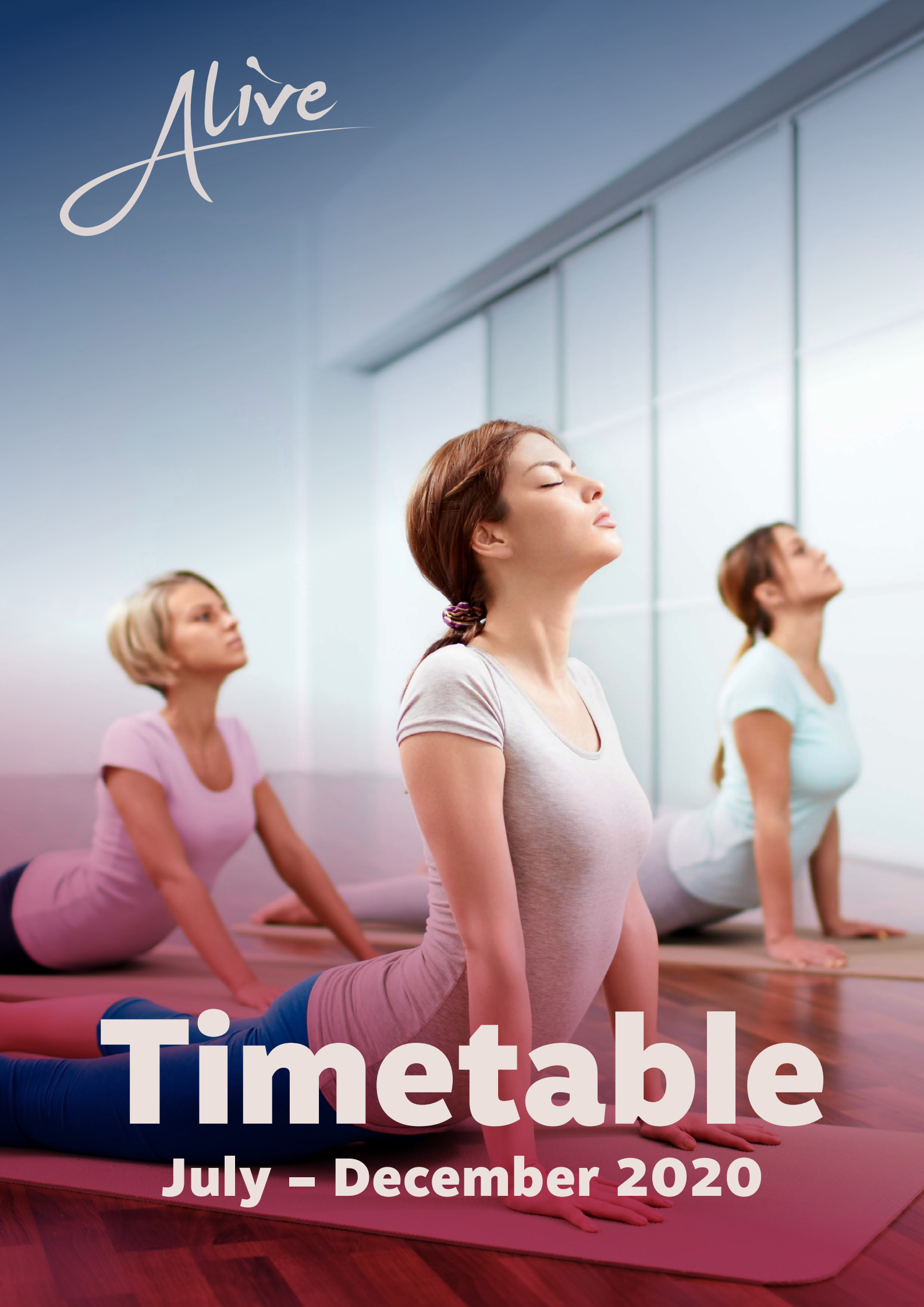


Alive



Timetable

July – December 2020

Timetable July – December 2020

Issue 1

Lynnsport

St James Pool

Downham Leisure

Oasis

| 01553 818001 | | 01553 764888 | | 01366 386868 | | 01485 534227 | |
|--|-----------------|------------------|----------------|--|-----------------|---------------------|-----------------|
| Monday | | Monday | | Monday | | Monday | |
| ● Group Cycling | 6.45am–7.30am | | | ● Zumba Express | 9.15am–10am | ● Aqua Zumba | 9am–9.45am |
| ● Body Pump Express | 9am–9.45am | | | ● BLT Express | 10.30am–11.15am | ● Zumba | 10.15am–11am |
| ● Group Cycling | 9.45am–10.30am | | | ● Body Balance Express | 11.45am–12.30pm | ● Zumba Gold | 11.30am–12.15pm |
| ● Body Combat Express | 10.15am–11am | | | ● Group Cycling | 5.30pm–6.15pm | ● Water Aerobics | 7.15pm–8pm |
| ● Pilates | 11.30am–12.15pm | | | ● Group Cycling | 6.45pm–7.30pm | | |
| ● Alive Step Express FAMILY 14+ | 5.30pm–6.15pm | | | ● Body Attack | 7pm–7.45pm | | |
| ● Group Cycling FAMILY 8+³ | 6pm–6.45pm | | | ● Body Balance Express | 8.15pm–9pm | | |
| ● Body Combat Express | 6.45pm–7.30pm | | | | | | |
| ● Group Cycling | 7.15pm–8pm | | | | | | |
| ● GlowBeatz | 8pm–8.45pm | | | | | | |
| Tuesday | | Tuesday | | Tuesday | | Tuesday | |
| ● NIA | 10am–10.45am | ● Water Aerobics | 6.30pm–7.15pm | ● Group Cycling | 9.15am–10am | ● Water Aerobics | 9am–9.45am |
| ● Body Pump Express | 5.30pm–6.15pm | | | ● Aerobics | 10.30am–11.15am | ● Aerobics Gold | 9.30am–10.15am |
| ● Group Cycling | 6pm–6.45pm | | | ● Yoga | 11.45am–12.30pm | ● Core Stability | 10.45am–11.30am |
| ● Body Attack | 6.45pm–7.30pm | | | ● Body Pump | 5.30pm–6.15pm | ● Yoga ² | 12pm–12.45pm |
| ● Group Cycling | 7.15pm–8pm | | | ● Group Cycling | 6.45pm–7.30pm | ● Yoga ² | 1.15pm–2pm |
| | | | | ● Water Aerobics | 7pm–7.45pm | ● Bootcamp | 6pm–6.45pm |
| | | | | ● Body Balance Express | 8pm–8.45pm | | |
| Wednesday | | Wednesday | | Wednesday | | Wednesday | |
| ● Body Pump Express | 6.45am–7.30am | | | ● Group Cycling | 9.15am–10am | ● NIA | 9.15am–10am |
| ● Tai Chi | 9.30am–10.15am | | | ● Body Pump | 10.30am–11.15am | ● NIA | 10.30am–11.15am |
| ● Beatz | 10.45am–11.30am | | | ● Tai-Flow Tai Chi | 11.45am–12.30pm | ● BLT | 6pm–6.45pm |
| ● Pilates Express | 5.30pm–6.15pm | | | ● Group Cycling | 6.15pm–7pm | ● Aerobics Express | 7.15pm–8pm |
| ● Group Cycling | 6pm–6.45pm | | | ● Alive Step | 7pm–7.45pm | | |
| ● Body Combat Express | 6.45pm–7.30pm | | | ● Zumba | 8.15pm–9pm | | |
| ● Group Cycling | 7.15pm–8pm | | | | | | |
| ● Body Pump Express | 8pm–8.45pm | | | | | | |
| Thursday | | Thursday | | Thursday | | Thursday | |
| ● Core Stability | 9.30am–10.15am | ● Water Aerobics | 7pm–7.45pm | ● Alive Step | 9.15am–10am | ● Water Aerobics | 9am–9.45am |
| ● Aerobics Gold ¹ | 10.45am–11.30am | | | ● Fitness Pilates | 10.30am–11.15am | ● Aerobics Gold | 10.15am–11am |
| ● Body Pump Express | 5.30pm–6.15pm | | | ● Zumba | 11.45am–12.30pm | ● Core Stability | 11.30am–12.15pm |
| ● Group Cycling | 6pm–6.45pm | | | ● Water Aerobics Gold | 2.45pm–3.30pm | ● BLT | 6pm–6.45pm |
| ● Body Attack Express | 6.45pm–7.30pm | | | ● Group Cycling | 5.45pm–6.30pm | ● Pump | 7.15pm–8pm |
| ● Group Cycling | 7.15pm–8pm | | | ● Pump Express | 7pm–7.45pm | | |
| ● Alive Step | 8pm–8.45pm | | | ● Body Balance | 8.15pm–9pm | | |
| Friday | | Friday | | Friday | | Friday | |
| ● Group Cycling | 6.45am–7.30am | | | ● Group Cycling | 9.15am–10am | ● NIA | 9.15am–10am |
| ● Tai Chi Beginners | 9.15am–10am | | | ● Yoga | 11.45am–12.30pm | ● NIA | 10.30am–11.15am |
| ● BLT Express | 10.30am–11.15am | | | ● GlowBeatz ⁴ | 6.30pm–7.15pm | | |
| ● Core Stability | 11.45am–12.30pm | | | | | | |
| ● Body Pump Express | 5.30pm–6.15pm | | | | | | |
| ● Group Cycling | 6pm–6.45pm | | | | | | |
| ● Bootcamp (outdoor/indoor) | 7pm–7.45pm | | | | | | |
| Saturday | | Saturday | | Saturday | | Saturday | |
| ● Body Pump Express | 9.30am–10.15am | | | ● Group Cycling | 9am–9.45am | | |
| ● Group Cycling | 10am–10.45am | | | ● Body Pump | 10.15am–11am | | |
| ● Yoga | 10.45am–11.30am | | | | | | |
| ● Group Cycling | 11.15am–12pm | | | | | | |
| Sunday | | Sunday | | Sunday | | Sunday | |
| ● Bootcamp (outdoor/indoor) | 9am–9.45am | ● Group Cycling | 9.45am–10.30am | ● Group Cycling FAMILY 8+³ | 9.15am–10am | | |
| ● Body Attack Express | 10.15am–11am | | | ● Pump Circuit NEW | 10.30am–11.15am | | |

KEY NOTES

- These sessions are included within the 50+ programmes
- Only during term time
- Height and leg length restrictions apply
- Class on 21 August

Timetable correct at time of print, this can be subject to change. Visit our website for up to date times and classes.

● Cardio HIIT

High Intensity Interval Training takes the intensity to the next level, working you to near maximum effort for short periods of time.

● Strength & Conditioning

Strengthen your muscles to tone and sculpt your body. A strong toned body will make you less susceptible to injuries, increase bone health and burn more calories.

● Cardio

Burn calories and boost fitness fast. These classes raise your heart rate and get your heart and lungs fitter whilst burning calories.

● Gold

Designed with the over 50's in mind. These sociable classes are lower intensity which places less stress on the body whilst focusing on the benefits of increased cardiovascular health, strength, co-ordination and mobility.

● Core

These classes help target your inner core unit, abdominal and lower back muscles to improve posture, strength and stability.

● Family Friendly

Open to younger members from 8yrs+, unless specified otherwise. Juniors can come and enjoy a fun class experience with a parent or guardian.

● Mind Body & Wellbeing

These classes help to reduce life's stresses Relax, re-energise and improve flexibility.



Safety for Fitness and Fitness Classes

Alive West Norfolk have the right to make changes to these guidelines in line with government guidance, to ensure the continued safe operating of all Alive facilities at any time.



Maintain social distancing (in line with government guidelines)



Cover your mouth and nose when you cough or sneeze



Maintain regular hand washing and/or sanitising



If you have any symptoms, please return home



Follow staff's instructions at all times



Be respectful of others, and train with household members/support bubble only



Please wipe down equipment and surfaces before and after use



Keep within any marked zoned areas



Do not use personal towels to wipe down equipment



Avoid touching your eyes, nose and mouth



Do not use any equipment that has been made inaccessible



Do not shake hands with anyone

Borough Council of
King's Lynn &
West Norfolk



Responsibly supporting the
Covid-19 Recovery Strategy

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES