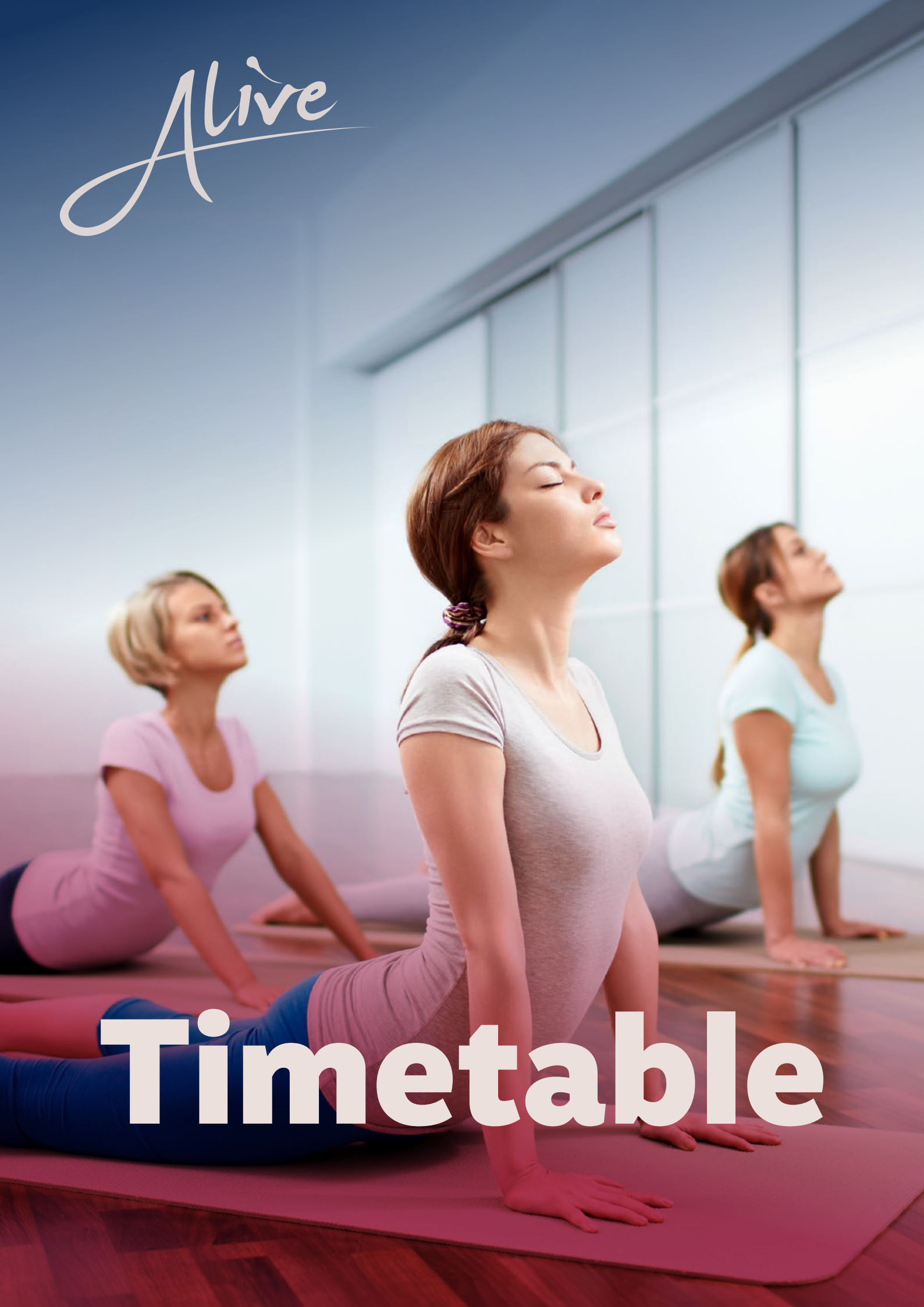


Alive



Timetable

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	● Water Aerobics	10.00am–10.45am	● Zumba	9.15am–10am	● Aqua Zumba	9am–9.45am
● Body Pump Express	9am–9.45am			● BLT	10.30am–11.15am	● Zumba	10.15am–11am
● Group Cycling	9.45am–10.30am			● Body Balance	11.45am–12.30pm	● Zumba Gold	11.30am–12.15pm
● Body Combat Express	10.15am–11am			● Group Cycling	5.30pm–6.15pm	● Water Aerobics	7.30pm–8.15pm
● 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			● Pump Express	8pm–8.45pm		
● 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	● Water Aerobics	7.30pm–8.15pm	● 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	12pm–12.45pm
● Group Cycling	7.15pm–8pm			● Group Cycling	6.45pm–7.30pm	● Yoga	1.15pm–2pm
				● Water Aerobics	7pm–7.45pm	● Bootcamp	6pm–6.45pm
				● Body Balance	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	● NIA	11.45am–12.30pm
● Pilates Express	5.30pm–6.15pm			● Group Cycling	5.45pm–6.30pm	● BLT	6pm–6.45pm
● Group Cycling	6pm–6.45pm			● Alive Step	7pm–7.45pm	● Aerobics Express	7.15pm–8pm
● 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	10.00am–10.45am	● Alive Step	9.15am–10am	● Water Aerobics	9am–9.45am
● Aerobics Gold ¹	10.45am–11.30am	● Water Aerobics	7pm–7.45pm	● Core stability	10.30am–11.15am	● Aerobics Gold	10am–10.45am
● Body Pump Express	5.30pm–6.15pm			● Zumba	11.45am–12.30pm	● Core Stability	11.15am–12pm
● 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	10.30am–11.15am			● GlowBeatz ⁴	6.30pm–7.15pm	● NIA	11.45am–12.30pm
● 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 FAMILY 8+ 3	9.15am–10am		
● Body Attack Express	10.15am–11am						

KEY NOTES

- These sessions are included within the 50+ programmes
- Only during term time
- Height and leg length restrictions apply
- Class on 20 November and 11 December

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