



Becontree Heath Leisure Centre Aerobics Timetable



Timetable

Monday

08:45 - 09:30	RPM
09:30 - 10:30	Body Pump
10:30 - 11:30	Body Step
12:30 - 13:15	Shallow Aqua
18:00 - 19:00	Zumba
18:00 - 19:00	Fit 2 Fite
19:00 - 20:00	Body Pump
19:30 - 20:15	RPM
19:30 - 20:15	Shallow Aqua
20:00 - 21:00	Body Step
20:15 - 21:15	Body Balance

Tuesday

11:15 - 12:15	Legs, Bums and Tums
12:30 - 13:15	Shallow Aqua
12:45 - 13:45	Lunchtime Yoga
17:30 - 18:30	Body Jam
18:30 - 19:30	Body Balance
19:30 - 20:30	Body Conditioning

Wednesday

09:30 - 10:30	Body Attack
10:30 - 11:30	Legs, Bums and Tums
10:30 - 11:30	Line Dancing
11:30 - 12:30	Barefoot Basics
18:30 - 19:15	RPM
19:30 - 20:15	Deep Aqua
19:30 - 20:30	Body Pump
20:30 - 21:30	Body Balance
20:30 - 21:15	Shallow Aqua

Thursday

11:15 - 12:00	RPM
12:00 - 13:00	Legs, Bums and Tums
12:30 - 13:15	Shallow Aqua
13:00 - 14:00	Pilates
18:00 - 19:00	Zumba
19:00 - 20:00	Legs, Bums and Tums
19:15 - 20:00	RPM
19:30 - 20:15	Shallow Aqua
20:00 - 21:00	Body Combat
20:15 - 21:45	Pilates
20:30 - 21:15	Deep Aqua

Friday

09:30 - 10:30	Body Combat
10:30 - 11:30	Body Pump
11:30 - 12:15	RPM
11:30 - 12:30	Tai Chi
17:30 - 18:15	RPM

Saturday

09:00 - 09:45	RPM
09:45 - 10:45	Body Pump
10:45 - 11:45	Body Step

Sunday

10:00 - 10:45	Deep Aqua
10:00 - 11:00	Body Pump
11:00 - 12:00	Body Balance

All our classes are suitable for both male and females and designed for both beginners and the more experienced. If you are new to exercise classes it is always best to check with your GP before you start a new activity.

If you have a medical condition, recent injury (within six months), or if you are pregnant, please tell the class instructor before the class starts; they will be able to suggest other exercises that are suitable for you.

Body Combat®

This class is a combination of exercises such as Karate, Tai Chi, Kick-boxing and Tae Kwon Do. It is an athletic workout that will soon have you 'fighting fit'.

Body Pump®

This energetic class is a low-impact workout that uses weights to tone your body and help you lose weight. Low impact means that your feet never leave the ground at the same time. This helps to reduce the pressure on your muscles.

Body Step®

This is a new version of the traditional step class. You can choose how hard you work by raising or lowering the level of your step. We set it to music, so that it is an enjoyable way to get fit.

Body Attack®

This class is a mixture of energetic aerobics and exercises to improve your strength and stamina. We provide lively instructors and exciting music to motivate you. Follow the simple movements to burn off calories quickly.

Legs, Bums and Tums or Hips, Thighs and Tums

These classes concentrate on certain areas of your body using aerobic exercises to tone up, shift extra pounds and keep your heart healthy.

Aqua Aerobics

The resistance of the water helps make your heart and lungs stronger, tones your muscles and also protects your joints and muscles from injuries. We set the class to music to make it fun.

Yoga

Yoga is an alternative way of exercising to improve your mind, body and spirit. Yoga improves your posture and breathing, and makes you more flexible. It also relieves stress and tension.

Tai Chi Chuan

Tai Chi Chuan is a series of chinese martial arts moves preformed in a pattern at a gentle pace.

Moan, Groan and Tone

This class is a mixture of aerobic exercises to get your heart pumping, followed by toning exercises. You will use hand weights and your own body weight to tone your body.

RPM®

Take on the terrain as your inspiring team coach leads you on your bike through the hills, flats and mountain peaks over the equivalent of a 25km ride. You control the intensity of the workout through the resistance dial, riding speed and position, so riders of all abilities can work out together. The more you ride the fitter you get.

Pilates

Pilates is a great way to improve your posture, core stability and makes you more flexible. It also releases stress and tension, through a variety of floor based and balance exercises.

Line Dancing

A fun mix of choreographed dance steps set to music.

Fit 2 Fite®

Fighting moves to funky grooves®, safely tailored practical fighting moves to uplifting music develops and increases strength, stamina and suppleness.

What to wear

We suggest you wear loose clothing such as a t-shirt and shorts or tracksuit bottoms. Please make sure you wear trainers that are suitable for the activity you are doing.

Class booking conditions

Non Members - All classes can be booked up to 48 hours in advance. Full payment is required at the time of booking and this payment is non-refundable. To access a class all customers must have a valid class receipt from reception.

Direct Debit members and active Leisure Pass members - All classes can be booked up to 7 days in advance. You must collect your valid class receipt at least five minutes before the start of the class.

Class Cancellation Policy - Any class booking made which the member can no longer attend must be cancelled 48 hours in advance, otherwise the full class fee will be charged to the member's account.

Barking and Dagenham leisure centres

Abbey Sports Centre

Axe Street, Barking IG11 7NA
Phone number 020 8270 6800

Becontree Heath Leisure Centre

Althorne Way, Dagenham, RM10 7FH
Phone number 020 8227 3338

Goresbrook Leisure Centre

Ripple Road, Dagenham RM9 6XW
Phone number 020 8227 3977

For more details visit

www.lbbd.gov.uk/activeleisure



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