

Fitness Class Descriptions

CARDIO	
Spin / Express Spin*	A popular group cycling class set to motivating music that offers a highly effective workout! Encompassing a mixture of sprints and hill climbs to boost your cardio fitness and tone your muscles these classes are also highly addictive.
Virtual Spin	Immerse yourself into spin on the big screen, no instructor - just turn up and we'll do the rest!
COMPLETE BODY WORKOUT	
BODYCOMBAT / BODYCOMBAT EXPRESS	The worlds most popular martial arts fitness class. Supported by role model instructors and driving music, get ready to strike, punch, kick and kata through calories to superior cardio fitness.
Burn & Firm	The ultimate exercise class that not only burns calories but also tones up your entire body in one session. A total body workout using studio equipment mixed with low impact and easy to follow moves.
Clubbercise	Clubbercise is an easy to follow dance fitness class with music anthems from the 90's to the latest hits, all in a darkened room with disco lighting and flashing glow sticks!
FitSteps	Shimmy and shake your way to fitness. Founded by the Strictly Come Dancing professional dancers, this class blends ballroom and Latin dance moves into a fun and effective group workout.
Legs, Bums & Tums	Tighten trim and tone all the bits we love to hate from the waist down in this easy to follow strength and conditioning class.
Zumba	Join the Zumba revolution and party your way to the body you've always wanted in this fun and exciting fusion of Latin and international dance, with music that promotes an effective and infectious workout.
MIND & BODY	
Yoga / Hatha Yoga / Iyengar Yoga	A gentle paced class that will guide you through a series of structured sequences of postures. This class combines gentle yoga movements alongside breath control that will not only increase your stamina but also strengthen and condition your body. Perfect as a release against stress.
Pilates / Fitness Pilates	The perfect workout for improving your strength, flexibility and agility. This class will invigorate your mind and condition your body through stretching and strengthening moves focused around your core muscles. Fitness Pilates adds a different concept, using balls, dumbbells and bands.
PiYo	PiYo is a fun, challenging class fusing Pilates and Yoga set to vibrant music. You will burn calories, tone muscle, work on balance and get a great stretch. This is unlike anything you've done before!
Pure Stretch	This class is designed to lengthen the body and strengthen the core through stretching and strengthening moves focused around your core muscles.
WATER WORKOUT	
Aqua Fit / Aqua Jog	A motivating class using water resistance to improve cardiovascular fitness and muscle tone. Aqua Fit is open to non swimmers and Aqua Jog is a deep water workout only suitable for confident swimmers.
Aqua Zumba	A combination of the exhilarating Zumba dance with traditional aqua fitness disciplines, which when blended together offers great cardio, conditioning and body toning benefits.

INTERVAL	
Circuits	Take your body to it's limits and get seriously fit with this workout. You'll work, you'll sweat and best of all you'll burn calories like crazy!
HIIT Workout	High intensity, interval training helps you to burn more calories in less time. Demanding and intense, it's proven to change your body, lower your fat composition and turn you into a fat burning machine.
Metafit	A functional and effective metabolic workout using your own body weight, that burns fat 24 hours post workout! This class will seriously change the way you train.
Synrgy**	Achieve your fitness goals in less than 30 minutes! Add more diversity to your workout with strength, endurance, speed, agility and coordination training. **A Welcome Workout is required prior to attending all Synrgy classes. Synrgy classes take place on the gym floor and are inclusive of a gym session.
Step	Offering one of the best workouts for your legs and bum these energising, fun and super sweaty workouts are designed to burn fat and help you tone up.
STRENGTH / CONDITIONING	
Abs Blast	Zone in on your abs to strengthen your core whilst also improving your posture and overall fitness.
BODYPUMP / BODYPUMP EXPRESS	This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights to inspire you to get the results you came for and fast!

Book fitness classes online at www.brionaleisure.org

Brio Premier Membership

The Brio Premier Membership offers great value for money, making your health and fitness goals both affordable and achievable.

Only £32.00 per month or £26.00 per month for Concessions
Or, get 2 months FREE when you pay annually!

- ✦ No joining fee or contract
- ✦ Access to all 8 Brio Leisure centres
- ✦ Over 475 fitness classes
- ✦ PLUS gym, swim, and off-peak racquets

Your Member Journey FREE for Members!

It's one thing to have a goal but it's not always easy knowing how to achieve it. That's where we come in with Your Member Journey.

When you start to use the gym, a qualified instructor will take you through a Welcome Workout session including a personalised fitness programme to give you a great start. As you complete your on-going sessions you'll receive advice and regular programme updates with plenty of motivation.

Head to the website to find out more or join now!

Neston Recreation Centre
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Fitness Class Timetable



BRAND NEW CLASSES!
Neston Recreation Centre

@BrioNeston
@BrioNestonRec
www.brionaleisure.org

At the heart of life

QUICK KEY	
Cardio	
Complete Body Workout	
Interval	
Mind & Body	
Strength / Conditioning	
Water Workout	

★ - Exclusive to Neston

MONDAY		
6.45am - 7.30am Virtual	Virtual Spin ★	
6.45am - 7.30am Suzie	BODYPUMP EXPRESS*	
9.15am - 10.00am Carla	Body Conditioning	
9.30am - 10.15am Virtual	Virtual Spin ★	
10.00am - 10.45am Mel	Aqua Fit	
10.00am - 10.50am Heather	Pilates	
10.30am - 11.00am Gym Team	Synrgy**	
10.55am - 11.45am Heather	LBT On The Ball	
12.15pm - 12.45pm Virtual	Virtual Spin ★	
4.00pm - 5.00pm Claire	Kids Dance (6-10yrs)	
5.00pm - 6.00pm Claire	Kids Dance (11-18yrs)	
5.15pm - 6.00pm Donna	PIYo	
5.15pm - 6.00pm Jess	Spin*	
6.00pm - 6.45pm Donna	Burn and Firm	
6.00pm - 6.45pm Jess	Spin	
6.30pm - 7.00pm Dave	Abs Blast	
7.00pm - 7.45pm Grace	Zumba	
7.00pm - 8.00pm Jess	BODYPUMP*	
7.00pm - 8.00pm Dave	HIIT Circuits	
8.00pm - 8.45pm Virtual	Virtual Spin ★	

TUESDAY		
6.45am - 7.30am Virtual	Virtual Spin ★	
9.15am - 10.00am Robb	BODY COMBAT EXPRESS*	
9.30am - 10.15am Virtual	Virtual Spin ★	
10.15am - 11.00am Robb	BODYPUMP EXPRESS*	
10.30am - 11.00am Gym Team	Synrgy**	
11.30am - 1.00pm Lynn	Yoga	
12.15pm - 12.45pm Virtual	Virtual Spin ★	
5.15pm - 5.45pm Suzie	Express Spin*	
5.45pm - 6.45pm Heather	Pilates	
6.00pm - 6.45pm Suzie	Metafit/Abs	
6.00pm - 7.00pm Matt	Body Combat	
6.45pm - 7.45pm Heather	LBT On The Ball	
6.45pm - 7.45pm Sarah	FitSteps Fab	
7.00pm - 7.45pm Suzie	Spin*	
7.30pm - 8.15pm Matt	Aqua Fit	
8.00pm - 8.45pm Virtual	Virtual Spin ★	
8.00pm - 8.45pm Suzie	BODYPUMP EXPRESS*	

WEDNESDAY		
6.45am - 7.30am Virtual	Virtual Spin ★	
6.45am - 7.30am Jess	BODYPUMP EXPRESS*	
9.30am - 10.15am Virtual	Virtual Spin ★	
10.00am - 10.45am Mark	Kettlebell Workout	
10.30am - 11.00am Gym Team	Synrgy	
10.45am - 11.30am Mark	Stretch and Core	
12.15pm - 12.45pm Virtual	Virtual Spin ★	
5.30pm - 6.00pm Carla	Express Spin*	
6.00am - 6.45pm Carla	Vibe Cycle*	
6.00pm - 7.00pm Jess	BODYPUMP*	
6.00pm - 7.30pm Alison	Hatha Yoga	
7.00pm - 7.55pm Heather	BodyBlitz	
7.15pm - 8.00pm Jess	Metafit/Abs	
8.00pm - 8.45pm Virtual	Virtual Spin ★	
8.00pm - 9.00pm Heather	Pilates	

THURSDAY		
6.45am - 7.30am Virtual	Virtual Spin ★	
9.15am - 10.00am Mel	Mini HIIT	
9.30am - 10.15am Mel	Spin*	
10.00am - 10.45am Gym Team	Body Conditioning	
10.30am - 11.00am Gym Team	Synrgy	
10.30am - 11.15am Carla	Aqua Fit	
12.15pm - 12.45pm Virtual	Virtual Spin ★	
5.15pm - 5.45pm Virtual	Virtual Spin ★	
5.30pm - 6.00pm Suzie	Metafit	
6.00pm - 7.00pm Donna	BODYCOMBAT*	
6.15pm - 7.00pm Suzie	BODYPUMP EXPRESS*	
7.00pm - 8.00pm Donna	Pound	
7.15pm - 8.00pm Emma	Spin*	
7.15pm - 8.15pm Sarah	Fit Steps	
8.15pm - 9.00pm Virtual	Virtual Spin ★	

FRIDAY		
6.45am - 7.30am Suzie	Express Spin	
9.15am - 10.15am Holly	BODYPUMP*	
9.30am - 10.15am Virtual	Virtual Spin ★	
10.00am - 10.30am Gym Team	Synrgy	
10.30am - 11.15am Holly	Abs	
12.15pm - 12.45pm Virtual	Virtual Spin ★	
5.00pm - 6.00pm Claire	Cheerleading (3-5yrs)	
5.15pm - 6.00pm Mark	Kettlebell Workout	
5.15pm - 6.00pm Ashleigh	Spin*	
6.00pm - 7.00pm Claire	Cheerleading (6-10yrs)	
6.00pm - 7.00pm Mark	HIIT Workout	
6.15pm - 7.00pm Ashleigh	BODY COMBAT*	
7.00pm - 8.00pm Claire	Cheerleading (11-18yrs)	
8.00pm - 8.45pm Virtual	Virtual Spin ★	

SATURDAY		
8.15am - 9.00am Mel	Spin*	
9.15am - 10.00am Mel	Clubbercise	
9.30am - 10.15am Virtual	Virtual Spin ★	
10.15am - 10.45am Gym Team	Synrgy*	
10.00am - 11.00am Heather	LBT On The Ball	
11.00am - 12.00pm Heather	Pilates	

SUNDAY		
9.00am - 9.45am Dave	Spin*	
10.00am - 10.45am Virtual	Virtual Spin ★	
9.30am - 10.30am Matt	BODYPUMP*	
10.00am - 10.50am Dave	Super Circuits	
10.30am - 11.30am Matt	Step	
6.00pm - 7.30pm Alison	Hatha Yoga	

EXCLUSIVE TO NESTON!

NEW VIRTUAL SPIN!

Neston Recreation Centre Fitness Class Timetable

MORE FITNESS CLASSES!



LES MILLS BODYCOMBAT

LES MILLS BODYPUMP



NEW LOOK, NEW CLASSES, NEW BRIO!

- We're open longer - from **6.30am** weekdays!
- We've had a makeover in the reception, pool viewing areas and changing rooms!
- Our gym is **bigger** with new kit and a Synrgy functional training rig.
- Plus, it'll be open to members **ALL** day!
- We've even packed more in to our pools including **daytime** sessions, classes and **so much more!**



Book classes online now at www.brionaleisure.org

Please note that this timetable is subject to change. Although correct at time of press the best way to stay up to date is through our website, our Facebook page or on Twitter.

ALL classes are FREE for Brio Premier Members and WorkFit Members.

Leisure Card holders receive £1.00 discount on ALL classes.

Classes are £5.30 per half hour and £6.70 per hour unless Premium Rate.

Concessions apply to all classes except for Premium Rate sessions.

*** Premium Rate sessions are £7.00 per class.**