

# FITNESS CLASS TIMETABLE

APRIL - JUNE 2019

SAVE TIME  
BOOK  
ONLINE



OVER  
**300**  
CLASSES  
PER WEEK



**BOOK ONLINE!** via [www.enjoyleisure.com](http://www.enjoyleisure.com)




## Now's the time to enjoy fitness!

**enjoyleisure** is proud to offer you the choice of over 300 fitness classes per week. The classes range from low to high impact and include the popular Les Mills programmes, Yoga, Pilates, Hatton Boxing, INSANITY and Spin-Fit.

## Sign up and book online!

We're thrilled to offer you the opportunity to sign up and book your fitness classes online! To login you'll need to have registered with **enjoyleisure** and have provided us with a valid email address. You can then visit [enjoyleisure.com](http://enjoyleisure.com) and use the 'forgotten pin' link to set your own personalised 4-digit PIN.

## Low Impact Classes

Adding physical activity to your daily routine boosts energy levels, reduces risk of long-term health conditions, improves your confidence; plus its great fun! If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the  symbol in the class listings.

### CONTENTS

- 3 Frequently Asked Questions
- 4 Aubigny Sports Centre
- 6 Dunbar Leisure Pool
- 7 Online Booking Service
- 8 Loch Centre
- 10 Meadowmill Sports Centre
- 11 Mercat Gait Centre
- 12 Musselburgh Sports Centre
- 13 North Berwick Sports Centre
- 14 Class Descriptions



Class listings are correct at time of print, March 2019, but may be subject to change. All efforts will be made to avoid class cancellations; however this is not always possible. For the most up to date class listings please visit the book online pages on [www.enjoyleisure.com](http://www.enjoyleisure.com)

# FREQUENTLY ASKED QUESTIONS

## How do I book into a class?

In person at the centre, over the phone or via our online booking service via [www.enjoyleisure.com](http://www.enjoyleisure.com). Payment is required in advance. Classes can be booked up to 7 days in advance.

## How early should I turn up for a class?

Participants are asked to arrive 10 minutes before the start of a class. To respect others, there will be no admission after a class has started.

## Can I attend a class if I don't have a membership?

Yes. You can book and pay at reception, over the phone or online by debit/credit card up to 7 days in advance.

## How do I cancel a class booking?

If you are unable to attend, please provide as much notice as possible prior to the start of the class. Direct Debit paying members can cancel classes online. Otherwise please contact the Sports Centre. Messages can be left on Sports Centres' voicemail should you be unable to speak to a receptionist directly.

Please be aware; should you fail to cancel your place prior to the start time, a £2 charge will be applied to direct debit paying members and no refund will be given to non-members.

## How do I know which intensity level will be right for me?

Alongside each class we have provided a guide to the intensity levels of each of class:

- ▶ **Low intensity:** For those starting out
- ▶▶ **Medium intensity:** For those who exercise regularly
- ▶▶▶ **High intensity:** For those doing a lot of exercise regularly.

Intensity levels are given as a guide only. All exercise activities are undertaken at your own risk. If you have been or are currently being treated for a medical condition we strongly advise you to contact your GP prior to undertaking any physical activity.

## What should I wear?

Comfortable, lightweight clothing is best. You should also wear suitable, supportive footwear.

## What should I bring with me?

A bottle of water is a must to ensure you keep hydrated. A towel can be advantageous too. Please remember your **enjoyleisure** ID Card / fob to register your attendance.

**Prices**    *Adult:*            £4.40 - £7.20  
                  *Concession:*    £3.20 - £5.50

# Aubigny Sports Centre

Mill Wynd, Haddington ☎ 01620 820650



CLASS	TIME	INTENSITY	COACH
<b>NEW</b> Aqua-Fit* (April only)	8:30am - 9:15am	▶	♥ Karen
<b>NEW</b> Legs, Bums & Tums	9:05am - 9:50am	▶/▶▶	♥ Susan
BodyCombat	9:15am - 10:00am	▶▶/▶▶▶	Amanda
Funky Fitness	10:00am - 11:00am	▶	♥ Anna
BodyPump	10:10am - 10:55am	▶▶/▶▶▶	Amanda
BodyBalance Express	11:15am - 11:45am	▶/▶▶	♥ Amanda
Pilates	12:00pm - 12:45pm	▶/▶▶	♥ Amanda
Kettlebells	5:30pm - 6:15pm	▶▶	Nicola
BodyPump	5:30pm - 6:30pm	▶▶/▶▶▶	Scott B
<b>NEW</b> HIIT Step	6:35pm - 7:20pm	▶▶/▶▶▶	Vicky
Zumba	6:45pm - 7:30pm	▶▶	Pam
<b>NEW</b> Abs Blast	7:25pm - 7:55pm	▶▶	Vicky
Body Suspension	7:40pm - 8:25pm	▶▶/▶▶▶	Chris

Yoga	8:00am - 8:45am	▶/▶▶	♥ Amanda
MetaFit	9:05am - 9:35am	▶▶/▶▶▶	Chris
Body Combat Express	9:05am - 9:35am	▶▶/▶▶▶	Amanda
Aqua-Fit* (April only)	9:15am - 10:00am	▶	♥ Karen
BodyBalance Express	9:40am - 10:10am	▶/▶▶	♥ Amanda
Body Suspension	9:40am - 10:10am	▶▶/▶▶▶	Chris
Body Suspension	10:15am - 10:45am	▶▶/▶▶▶	Chris
Resistance Bands	12:30pm - 1:00pm	▶/▶▶	Vicky
Fitness Fun	2:00pm - 3:00pm	▶	♥ Ramon
BodyAttack	5:30pm - 6:15pm	▶▶/▶▶▶	Vicky
Resistance Bands	6:15pm - 6:45pm	▶/▶▶	Vicky
Hatton Boxing	6:45pm - 7:30pm	▶▶/▶▶▶	Vicky
Aqua-Fit* (April only)	7:30pm - 8:15pm	▶	♥ Karen
Spin-Fit	7:40pm - 8:40pm	▶▶▶	Norman

Spin Express	7:30am - 8:00am	▶▶▶	Norman
Zumba	9:15am - 10:00am	▶▶	Pam
BodyAttack	9:15am - 10:00am	▶/▶▶	Laura
PiYO	10:05am - 10:50am	▶/▶▶	Pam
BodyBalance	10:05am - 10:50am	▶▶/▶▶▶	♥ Laura
Pilates	11:30am - 12:15pm	▶/▶▶	♥ Amanda
Yoga	12:15pm - 1:00pm	▶/▶▶	♥ Amanda
Funky Fitness	2:30pm - 3:30pm	▶	♥ Karen

MON

TUE

WED



# Dunbar Leisure Pool

Castlepark, Dunbar T 01620 820655

	CLASS	TIME	INTENSITY	COACH
MON	BodyAttack	9:30am - 10:30am	▶▶/▶▶▶	Laura
	Aqua-Fit	10:10am - 10:55am	▶/▶▶	♥ Cristina
	BodyBalance	10:30am - 11:15am	▶▶	♥ Laura
	Low Impact Aqua-Fit	11:00am - 11:45am	▶	♥ Cristina
	Body Suspension	11:15am - 12:00pm	▶▶/▶▶▶	Laura
	Ballet Stretches	12:05pm - 12:50pm	▶/▶▶	Cristina
	MetaFit	6:00pm - 6:30pm	▶▶/▶▶▶	Phil/Martin
	Step	6:30pm - 7:15pm	▶▶	Eszter
	Spin-Fit	7:25pm - 8:10pm	▶▶/▶▶▶	Marta
	Pilates	8:15pm - 9:00pm	▶/▶▶	♥ Jill
TUE	BodyPump	9:15am - 10:00am	▶▶/▶▶▶	Kirstina/Martin
	Pilates	10:15am - 11:00am	▶/▶▶	♥ Kristina
	BodyPump	6:00pm - 6:45pm	▶▶/▶▶▶	Martin / Phil
	Spin-Fit	7:00pm - 7:45pm	▶▶/▶▶▶	Marta/Marion
	Aqua-Fit	7:30pm - 8:15pm	▶/▶▶	♥ Cristina
WED	HIIT Step	9:10am - 9:40am	▶▶/▶▶▶	Vicky
	Spin-Fit	9:45am - 10:30am	▶▶/▶▶▶	Vicky
	Aqua-Fit	10:10am - 10:55am	▶/▶▶	♥ Cristina
	BodyPump Express	10:35am - 11:05am	▶▶/▶▶▶	Vicky
	<b>NEW</b> Stretch & Tone	11:15am - 12:00pm	▶/▶▶	♥ Vicky
	Pilates	12:00pm - 12:45pm	▶/▶▶	♥ Kristina
	<b>NEW</b> MetaFit	6:15pm - 6:45pm	▶▶/▶▶▶	Marta
	BodyCombat	6:45pm - 7:30pm	▶▶/▶▶▶	Laura
	Zumba	7:30pm - 8:15pm	▶▶	Laura
	BodyBalance	8:15pm - 9:00pm	▶▶	♥ Laura
THU	Kettlebells	9:30am - 10:15am	▶▶/▶▶▶	Laura
	BodyCombat	10:15am - 11:00am	▶▶/▶▶▶	Laura
	BodyBalance	11:00am - 11:45am	▶▶	♥ Laura
	Spin-Fit	6:00pm - 6:45pm	▶▶/▶▶▶	Marion
	BodyPump	7:00pm - 7:45pm	▶▶/▶▶▶	Kristina
	Pilates	8:00pm - 8:45pm	▶/▶▶	♥ Kristina
FRI	MetaFit	9:15am - 9:45am	▶▶/▶▶▶	Darryl/Marta
	Spin Express	9:50am - 10:20am	▶▶/▶▶▶	Phil/Marta
	Aqua-Fit	10:10am - 10:55am	▶/▶▶	♥ Kristina
	Teen Fit Gym	2:00pm - 3:00pm		Leisure Assistant
	BodyPump	6:00pm - 6:45pm	▶▶/▶▶▶	Phil /Martin
SAT	BodyAttack	9:15am - 10:00am	▶▶/▶▶▶	Laura
	BodyCombat	10:00am - 10:45am	▶▶/▶▶▶	Laura
	BodyBalance	10:45am - 11:30am	▶▶	♥ Laura
SUN	BodyPump	9:15am - 10:00am	▶▶/▶▶▶	Martin / Kristina
	Spin Express	10:15am - 10:45am	▶▶/▶▶▶	Phil /Eszter

Class Descriptions can be found on page 14 & 15.

**NB - Timetable may be subject to change.**

# ONLINE BOOKING

enjoyleisure is delighted to offer an online booking service!

Sign up, View, Book and Pay for Fitness Classes via [enjoyleisure.com](http://enjoyleisure.com)



## How do I login?

To access the online booking service you must have registered with **enjoyleisure**, providing an active email address.



Once registered, visit [enjoyleisure.com](http://enjoyleisure.com) and select BOOK ONLINE. From here click on the 'Forgotten PIN' link to set your own personalised 4-digit PIN number.



## JOIN ONLINE

All Inclusive Fitness Memberships

**£33**.50  
per month

GYM | SWIM  
CLASSES | RELAX

[www.enjoyleisure.com](http://www.enjoyleisure.com)



# Loch Centre

Well Wynd, Tranent † 01875 824140



**CLASS** **TIME** **INTENSITY** **COACH**

MON	BodyPump	9:35am - 10:30am	▶▶/▶▶▶	Scott B
	Spin-Fit	9:35am - 10:35am	▶▶▶	Vicky
	Resistance Bands	10:40am - 11:10am	▶▶	Vicky
	Funky Fitness	11:15am - 12:00pm	▶/▶▶	♥ Kirsty L
	Aquafit	12:15pm - 1:00pm	▶/▶▶	♥ Kirsty L
	MetaFit	4:45pm - 5:15pm	▶▶/▶▶▶	Gaynor
	Legs, Bums & Tums	5:15pm - 6:00pm	▶▶	Gaynor
	Zumba	5:15pm - 6:00pm	▶▶	Pam
	Step & Tone	6:05pm - 7:00pm	▶▶	Gaynor
	BodyCombat	6:00pm - 6:45pm	▶▶/▶▶▶	Kirsty L
	BodyPump	7:00pm - 7:55pm	▶▶/▶▶▶	Scott B
	Legs, Bums & Tums	8:00pm - 8:45pm	▶▶	Debbie

TUE	Aqua-Fit	8:45am - 9:30am	▶	♥ Bill
	HIIT	9:35am - 10:30am	▶▶/▶▶▶	Pam
	Spin-Fit	10:30am - 11:15am	▶▶▶	Scott B
	Zumba	10:30am - 11:15am	▶▶	Debbie
	Funky Fitness	11:15am - 12:00pm	▶	♥ Debbie
	Fitness Pilates	5:15pm - 6:15pm	▶/▶▶	♥ Kirsty L
	Spin-Fit	5:15pm - 6:00pm	▶▶▶	Scott B
	BodyPump	5:30pm - 6:15pm	▶▶	Gaynor
	Legs, Bums & Tums	6:25pm - 7:25pm	▶▶	Gaynor
	Aqua-Fit	7:15pm - 8:00pm	▶	♥ Bill
	Hatton Boxing	7:30pm - 8:20pm	▶▶▶	Chris
Kettlebells	8:20pm - 9:00pm	▶▶	Chris	

WED	Aqua-Fit	9:30am - 10:10am	▶	♥ Kirsty L
	Agility Circuits	9:35am - 10:35am	▶▶/▶▶▶	Scott B
	BodyCombat	10:35am - 11:30am	▶▶/▶▶▶	Kirsty L
	Spin-Fit	10:45am - 11:30am	▶▶▶	Scott B
	Teen Fit Gym	4:00pm - 5:00pm		Pam
	Legs, Bums & Tums	4:45pm - 5:30pm	▶▶	Gaynor
	<b>NEW</b> Spin-Fit	5:15pm - 6:00pm	▶▶/▶▶▶	Scott B
	MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶	Pam
	Step & Tone	5:30pm - 6:30pm	▶▶	Gaynor
	Spin-Fit	6:00pm - 6:50pm	▶▶▶	Pam

Class Descriptions can be found on page 14 & 15.





**CLASS**                      **TIME**                      **INTENSITY**      **COACH**

**WED**  
 BodyPump                      6:10pm - 6:55pm                      ▶▶/▶▶▶                      Scott B  
 Spin-Fit                      7:05pm - 7:50pm                      ▶▶▶                      Debbie  
 BodyBalance                      8:00pm - 9:00pm                      ▶/▶▶                      ❤️ Alex

**THU**  
 BodyPump                      9:35am - 10:25am                      ▶▶/▶▶▶                      Scott B  
 Zumba                      10:30am - 11:20am                      ▶▶                      Debbie  
 Spin-Fit                      10:35am - 11:20am                      ▶▶▶                      Scott B  
 Funky Fitness                      11:15am - 12:00pm                      ▶/▶▶                      ❤️ Debbie  
 Abs Blast                      4:45pm - 5:15pm                      ▶/▶▶                      Gaynor  
 BodyPump                      5:20pm - 6:20pm                      ▶▶/▶▶▶                      Gaynor  
 Spin-Fit                      5:45pm - 6:30pm                      ▶▶/▶▶▶                      Debbie  
 BodyBalance                      6:25pm - 7:25pm                      ▶/▶▶                      ❤️ Gaynor  
 Insanity                      7:30pm - 8:00pm                      ▶▶▶                      Chris  
 Boxing Circuits                      8:05pm - 8:50pm                      ▶▶▶                      Chris

**FRI**  
 Spin-Fit                      9:35am - 10:20am                      ▶▶▶                      Scott B  
 BodyCombat                      9:35am - 10:25am                      ▶▶/▶▶▶                      Kirsty L  
 BodyBalance                      10:30am - 11:30am                      ▶/▶▶                      ❤️ Gaynor  
 Stretch & Strength                      10:45am - 11:30am                      ▶/▶▶                      ❤️ Kirsty L  
 Teen Fit Gym                      1:15pm - 2:15pm                                           Pam  
 BodyCombat/Step                      5:00pm - 5:45pm                      ▶▶/▶▶▶                      Kirsty L/ Debbie  
 Zumba                      6:00pm - 6:45pm                      ▶▶                      Kirsty L/ Debbie

**SAT**  
 BodyPump                      9:10am - 9:55am                      ▶▶/▶▶▶                      Gaynor  
 Spin-Fit                      9:10am - 9:55am                      ▶▶▶                      Scott B  
 BodyBalance                      10:10am - 11:00am                      ▶/▶▶                      ❤️ Gaynor  
 Agility Circuits                      10:10am - 11:00am                      ▶▶/▶▶▶                      Scott B

**SUN**  
 BodyPump with Technique                      9:10am - 10:10am                      ▶▶/▶▶▶                      Judi  
 Spin-Fit                      9:15am - 10:00am                      ▶▶▶                      Pam  
 Zumba                      10:15am - 11:00am                      ▶▶                      Pam  
 BodyBalance                      10:15am - 11:15am                      ▶/▶▶                      ❤️ Judi

NB - Timetable may be subject to change.

# Meadowmill Sports Centre

Off the B1361, Tranent T 01875 619079



	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	4:35pm - 5:20pm	▶▶	Gary/Darren
	High Intensity	5:30pm - 6:00pm	▶▶	Gary/Darren
	Spin-Fit	6:05pm - 6:50pm	▶▶	Gary / Darren / Chris
TUE	Hatton Boxing	9:30am - 10:15am	▶▶/▶▶	Gary
	Spin-Fit	10:20am - 11:05am	▶▶	Gary
	Indoor Boot Camp	6:15pm - 7:00pm	▶▶	Chris
	Spin-Fit	7:05pm - 7:50pm	▶▶	Chris/Greg
WED	Spin-Fit	6:15pm - 7:00pm	▶▶	Darren/Chris/Gary
	HIIT	7:05pm - 7:35pm	▶▶/▶▶	Darren/Chris/Gary
THU	Spin-Fit Express	9:30am - 10:00am	▶▶	Darren/Gary
	High Intensity	10:05am - 10:35am	▶▶	Darren/Gary
	Circuits	6:15pm - 7:00pm	▶▶/▶▶	Chris
	Spin-Fit	7:20pm - 8:05pm	▶▶	Chris/Greg
FRI	Spin-Fit	9:30am - 10:15am	▶▶	Greg/Darren/Chris
	HIIT (fortnightly)	10:20am - 10:50am	▶▶/▶▶	Darren/Chris/Greg
SAT	Spin-Fit	9:15am - 10:00am	▶▶	Gary / Chris
	High Intensity	10:05am - 10:35am	▶▶/▶▶	Gary / Chris

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.



## KEEP YOUR FINGER ON THE PULSE!

If you like to be first in the know about what's going on when and where, make sure you sign up to our facebook and twitter pages:



 [enjoyleisure.eastlothian](https://www.facebook.com/enjoyleisure.eastlothian)

 [@Enjoy\\_Leisure](https://twitter.com/Enjoy_Leisure)

Book classes online! [www.enjoyleisure.com](http://www.enjoyleisure.com)

# Mercat Gait Centre

Preston Road, Prestonpans T 01875 815483



	CLASS	TIME	CRÉCHE	INTENSITY	COACH
MON	Spinning	7:40am - 8:25am		▶▶/▶▶▶	Leisure Staff
	Aqua-Fit	9:00am - 9:45am	☹️	▶▶	Leisure Staff
	<b>NEW</b> Quick Box	10:00am - 10:30am	☹️	▶▶/▶▶▶	Leisure Staff
	Spin Express	12:00pm - 12:30pm		▶▶/▶▶▶	Leisure Staff
	Abs Blast	12:35pm - 1:00pm		▶▶	Leisure Staff
	Boxercise	6:00pm - 7:00pm		▶▶/▶▶▶	Leisure Staff
	Abs Blast	7:10pm - 7:35pm		▶▶	Leisure Staff
Spinning	7:45pm - 8:30pm		▶▶/▶▶▶	Leisure Staff	
TUE	Kettlebells	7:40am - 8:25am		▶▶	Leisure Staff
	Spin Express	9:00am - 9:30am		▶▶▶	Leisure Staff
	Abs Blast	9:35am - 10:00am		▶▶	Leisure Staff
	Aqua-Fit	12:15pm - 1:00pm		▶▶/▶▶	Leisure Staff
	Spin & Circuits	6:00pm - 6:50pm		▶▶/▶▶▶	Leisure Staff
	Abs Blast	7:00pm - 7:25pm		▶▶	Leisure Staff
	High Intensity	7:30pm - 8:00pm		▶▶▶	Leisure Staff
WED	Boxercise	7:40am - 8:30am		▶▶	Leisure Staff
	Aqua-Fit	9:15am - 10:00am		▶▶	Leisure Staff
	Booty & Abs Blast	10:00am - 10:45am		▶▶	Leisure Staff
	Kettlebells Express	12:15pm - 12:45pm		▶▶	Leisure Staff
	Kettlebells	6:00pm - 6:45pm		▶▶	Leisure Staff
	Spinning	7:00pm - 7:45pm		▶▶/▶▶▶	Leisure Staff
	Deep Water Aqua-Fit	8:00pm - 8:45pm		▶▶	Leisure Staff
THU	Body Suspension	7:40am - 8:25am		▶▶/▶▶▶	Leisure Staff
	High Intensity	9:30am - 10:00am		▶▶▶	Leisure Staff
	<b>NEW</b> Quick Box	12:00pm - 12:30pm		▶▶/▶▶▶	Leisure Staff
	Abs Blast	12:35am - 1:00pm		▶▶	Leisure Staff
	Booty & Abs Blast	6:00pm - 6:45pm		▶▶	Leisure Staff
	Boxercise	6:50pm - 7:50pm		▶▶▶	Leisure Staff
	Aqua-Fit	8:00pm - 8:45pm		▶▶	Leisure Staff
FRI	Spinning	7:40am - 8:25am		▶▶/▶▶▶	Leisure Staff
	Circuits	9:15am - 10:05am	☹️	▶▶▶	Leisure Staff
	Booty & Abs Blast	12:15pm - 1:00pm		▶▶	Leisure Staff
	Teen Fit Gym	2:00pm - 3:00pm			Leisure Staff
	Boxercise	6:00pm - 7:00pm		▶▶▶	Leisure Staff
	Spin Express	7:15pm - 7:45pm		▶▶/▶▶▶	Leisure Staff
SAT	Spin Circuits	9:05am - 10:05am		▶▶/▶▶▶	Leisure Staff

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.

# Musselburgh Sports Centre

Newbigging, Musselburgh T 0131 653 5208

	CLASS	TIME	INTENSITY	COACH
MON	Yoga	7:30am - 8:15am	▶▶/▶▶	Dianne
	BodyPump	9:20am - 10:10am	▶▶/▶▶	Kirsty L
	Zumba	10:10am - 10:55am	▶/▶▶	Kirsty L
	Fitness Fun	11:15am - 12:15pm	▶/▶▶	Ramon
	BodyCombat	5:40pm - 6:25pm	▶▶	Gillian
	Step & Tone	6:30pm - 7:30pm	▶▶	Linda
TUE	Piloxing	9:20am - 10:05am	▶▶	Kirsty M
	Fitness Pilates	10:10am - 11:10am	▶▶	Kirsty M
	Gym Assist	11:15am - 12:15pm		Ramon
	BodyPump	5:15pm - 6:00pm	▶▶/▶▶	Kirsty L
	BodyCombat	6:10pm - 6:40pm	▶▶/▶▶	Kirsty L
	Body Conditioning	6:45pm - 7:45pm	▶▶	Linda
	PiYO	7:50pm - 8:50pm	▶▶	Kirsty M
WED	BodyPump	9:20am - 10:05am	▶▶/▶▶	Dawn
	Pilates	10:10am - 11:00am	▶▶	Dawn
	Fitness For All	11:15am - 12:15pm	▶	Ramon
	MetaFit	5:15pm - 5:45pm	▶▶/▶▶	Kirsty M
	Piloxing	5:45pm - 6:30pm	▶▶	Kirsty M
	Step & Tone	6:45pm - 7:45pm	▶▶	Linda
	Yoga	8:00pm - 9:00pm	▶/▶▶	Kirsten
THU	Kettlebells	9:20am - 10:05am	▶▶	Kirsty M
	Fitness Pilates	10:10am - 11:10am	▶▶	Kirsty M
	<b>NEW</b> Resistance Training for All	11:15am - 12:15pm	▶/▶▶	Ramon
	BodyCombat	5:30pm - 6:15pm	▶▶	Gillian
	Spin-Fit	6:30pm - 7:15pm	▶▶/▶▶	Jamie
	<b>NEW</b> Kettlebells	7:25pm - 7:55pm	▶▶/▶▶	Kirsty M
	Fitness Pilates	8:00pm - 9:00pm	▶/▶▶	Kirsty M
FRI	Yoga	7:30am - 8:15am	▶/▶▶	Kirsten
	BodyCombat	9:20am - 10:00am	▶▶	Amanda
	BodyPump	10:05am - 10:35am	▶▶/▶▶	Amanda
	BodyBalance	10:40am - 11:10am	▶▶	Amanda
	Teen Fit Gym	1:00pm - 2:00pm		Leisure Assistant
	That 80's Workout	7:45pm - 8:45pm	▶/▶▶	Laura
SAT	BodyCombat	9:15am - 10:00am	▶▶/▶▶	Amanda
	BodyBalance	10:15am - 11:00am	▶▶	Amanda
	BodyPump	11:15am - 12:15pm	▶▶/▶▶	Gaynor
SUN	MetaFit	9:15am - 9:45am	▶▶/▶▶	Kirsty M
	Fitness Pilates	9:45am - 10:45am	▶/▶▶	Kirsty M

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.

# North Berwick Sports Centre

Grange Rd, North Berwick T 01620 820730

	CLASS	TIME	INTENSITY	COACH	
MON	Aqua-Fit Circuits	9:15am - 10:00am	▶▶	♥	Joyce
	Legs, Bums & Tums	9:15am - 10:15am	▶/▶▶		Gina
	ViPR	10:30am - 11:15am	▶▶/▶▶▶		Colin
	Yoga	2:15pm - 3:15pm	▶▶	♥	Sue
	BodyPump	6:15pm - 7:00pm	▶▶/▶▶▶		Judi
	BodyBalance	7:15pm - 8:00pm		♥	Judi
	MetaFit	7:30pm - 8:00pm	▶▶/▶▶▶		Eilidh
Spin-Fit	8:15pm - 9:15pm	▶▶/▶▶▶		Eilidh	
TUE	MetaFit	9:15am - 9:45am	▶▶/▶▶▶		Vicky
	Body Conditioning	9:30am - 10:15am	▶/▶▶		Joyce
	BodyPump	9:55am - 10:40am	▶▶/▶▶▶		Vicky
	Abs Blast	10:45am - 11:15am	▶▶/▶▶▶		Vicky
	Seats & Beats	1:30pm - 2:15pm	▶	♥	Joyce
	Teen Fit Gym	4:15pm - 5:15pm			Richard
	MetaFit	5:15pm - 5:45pm			Jane
	Toning	6:00pm - 6:45pm	▶▶		Gina
	Spin-Fit	7:00pm - 7:45pm	▶▶/▶▶▶		Eilidh
WED	Aqua-Fit	9:15am - 10:00am	▶/▶▶	♥	Joyce
	Circuits	9:15am - 10:15am	▶/▶▶		Vharri
	ViPR	10:20am - 11:05am	▶▶/▶▶▶		Colin
	Zumba	1:00pm - 1:45pm			Gus
	Aqua-Fit	2:00pm - 2:45pm		♥	Joyce
	MetaFit	5:30pm - 6:00pm			Jane
	Body Conditioning	6:15pm - 7:00pm	▶▶		Jane
Spin-Fit	7:15pm - 8:15pm	▶▶/▶▶▶		Jane	
THU	Teen Fit Gym	7:30am - 8:30am			Richard
	Ballet Stretches	8:50am - 9:35am	▶/▶▶	♥	Cristina
	Aqua-Fit Circuits	9:15am - 10:00am	▶▶	♥	Joyce
	MetaFit	9:35am - 10:05am	▶▶/▶▶▶		Cristina
	Aqua-Fit	10:15am - 11:00am	▶/▶▶	♥	Cristina
	Yoga	2:30pm - 3:30pm		♥	Sue
	BodyPump	6:15pm - 7:00pm			Judi
	BodyBalance	7:15pm - 8:00pm		♥	Judi
	Legs, Bums & Tums	7:15pm - 8:00pm	▶▶		Gina
Spin-Fit	8:15pm - 9:15pm	▶▶/▶▶▶		Eilidh	
FRI	MetaFit	9:15am - 9:45am	▶▶/▶▶▶		Vharri
	Aqua-Fit	9:15am - 10:00am	▶/▶▶	♥	Joyce
	Pilates	10:00am - 10:45am	▶/▶▶	♥	Vharri
	Teen Fit Gym	12:30pm - 1:30pm			Richard
	Teen Fit Gym	1:30pm - 2:30pm			Richard
	MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶		Jane
SAT	MetaFit	9:00am - 9:30am	▶▶/▶▶▶		Jane
	Spin-Fit	9:30am - 10:30am	▶▶/▶▶▶		Ailsa
SUN	Tai Chi Chuan	11:00am - 12:30pm	▶/▶▶	♥	Chris A
	Teen Fit Gym	3:00pm - 4:00pm			Leisure Staff

Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change.

# CLASS DESCRIPTIONS

---

## Abs Blast

This class uses bodyweight training exercises and mat work to strengthen and condition the abdominals and key core muscles.

---

## Aerotone

A mixture of high and low impact aerobic workouts to provide a fun fitness class to shape and tone the body.

---

## Agility Circuits

All action circuit class to encourage you to push yourself to achieve increased fitness levels and speed of movement.

---

## Aqua-Fit

This class will relieve the stress on joints whilst improving your cardiovascular fitness and mobility.

---

## Aqua-Fit Circuits

A unique aqua-fit class using apparatus to provide resistance training under water.

---

## Ballet Stretches

Improve core strength, joint mobility, postural awareness, balance, coordination and flexibility.

---

## Body Conditioning

A great fitness class to work all major muscle groups combining aerobic and strength conditioning exercises; incorporating the use of hand held weights.

---

## Body Conditioning for Teens

A new, fun class teaching teenagers how the body is supposed to move whilst building strength and improving conditioning.

---

## BodyAttack®

The sports-inspired, interval training class combining athletic aerobic movements with strength and stabilisation exercises.

---

## BodyBalance®

A Yoga, Tai Chi and Pilates inspired workout that builds flexibility and strength, leaving you feeling centered and calm.

---

## BodyCombat®

An energetic program inspired by martial arts; strike, punch, kick and kata your way to superior cardio fitness.

---

## BodyPump®

The fastest way to shape up and lose body fat. BodyPump is an intensive toning and conditioning class using weights.

---

## Body Suspension

Train your entire body and build strength with this excellent core conditioning and abdominal workout. Adjustable for all fitness levels.

---

## Boot Camp

An interval training and circuit workout incorporating plyometric and bodyweight exercises.

---

## Booty Camp

A high intensity, cardio burning workout to aid weight loss and improve conditioning.

---

## Box Circuits / Boxcercise / Quick Box

Upper body workout with glove and pad combination, followed by abdominal work.

---

## Circuits

A class that utilises weights and other pieces of equipment to improve fitness and strength.

---

## Fitness For All

A gentle but very effective workout combining seated and standing exercises using a variety of fitness equipment, to improve balance, coordination, flexibility, strength and stamina.

---

## Fitness Fun

Gentle exercise class for people with additional support needs. Activities improve elasticity and strength, reduce muscle mass loss, improve circulation and help combat pain.

---

## Fitness Pilates

Set at a faster pace than a standard pilates class, you'll increase flexibility, mobility and strength without bulking up.

---

## Functional Fitness

A strength, cardio and flexibility training work out. Great for spinal and postural care supporting every day activities. Suitable for all fitness levels.

---

## Funky Fitness


A low impact aerobics exercise class, suited to those looking to get more active or rehabilitating from injury.

---

## Gym Assist

Based in the gym, the instructor will provide information, support and encouragement to get the most from your workout and achieve your health and fitness goals.

---

If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the  symbol in the class listings.

### **Hatton Boxing**

Performing traditional boxing drills this class will assist weight loss, increase muscle tone and fitness levels.

### **INSANITY® / High Intensity / HIIT**

A high intensity cardio workout using your own body weight as resistance. Using 'Max Interval Training' techniques, this class is not for the faint hearted!

### **Kettlebells**

Target key muscle groups including abs, gluts, arms and thighs for maximum effectiveness using Kettlebells.

### **Legs, Bums & Tums**

This class is a combination of hi-lo aerobics exercises specifically for toning the mid to lower body.

### **MetaFit®**

A 30min interval training blitz that increases your metabolism and your overall fitness.

### **Music & Movement**

Gentle exercises to promote sensory stimulation and physical movement. Beneficial for people with additional needs but open to all.

### **Pilates** ♥

Pilates will enable you to increase in flexibility, mobility and strength without bulking up whilst experiencing a sense of calm and relaxation.

### **Piloxing®**

This class mixes Pilates and boxing moves into a calorie burning, muscle sculpting, core-centric interval workout.

### **PiYO**

An intensive Pilates and yoga inspired workout that will sculpt your body, scorch calories, define your core and improve flexibility.

### **Resistance Bands**

A 30min toning workout utilising resistance bands to tone and sculpt all areas of the body.

### **NEW Resistance Training for All** ♥

Whole body workouts designed to maintain muscle strength and bone density. The exercises are for all ages and all levels of fitness. Graduated use of dumbbells, barbells and resistance bands.

### **Seats & Beats** ♥

A low impact exercise class incorporating chair exercises focusing on balance, stability and coordination.

### **Spin Circuit**

30mins Spin, followed by 30mins circuits.

### **Spin-Fit / Spinning® / Spin Express**

A high intensity workout using stationary exercise bikes.

### **Step & Tone**

A high impact aerobics class using steps which works on toning the muscles and improving cardiovascular fitness.

### **Stretch & Strength** ♥

Gentle exercises to improve elasticity and strength, reduce muscle mass loss, improve circulation and combat pain. Ideal for those starting an exercise programme and rehabilitating from injury.

### **Tai Chi Chuan** ♥

This 'internal' martial art encourages relaxation while improving physical coordination, balance, body awareness and confidence.

### **Teen Fit Gym**

Burn calories, strengthen muscles, get fit and have fun with friends. Teen Fit Gym is a supervised gym session for high school pupils aged 12 - 15 years.

### **ViPR**

Bridges the gap between movement and strength training. It combines full-body movement with load, enhancing vitality, performance and reconditioning goals.

### **Yoga** ♥

Yoga is an ancient system of breathing practices, physical exercises and postures as well as meditation intended to integrate body, mind, and spirit.

### **Zumba®**

The Zumba program fuses hypnotic Latin and International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

If you are looking to improve your health or activity levels, we recommend starting with our low impact classes. These are noted with the ♥ symbol in the class listings.



enjoyleisure is proud to offer residents and visitors to East Lothian an abundance of sports and leisure facilities throughout the county.



Aubigny Sports Centre,  
Haddington  
☎ 01620 820650

Meadowmill Sports Centre,  
by Tranent  
☎ 01875 619079

Dunbar Leisure Pool,  
Dunbar  
☎ 01620 820655

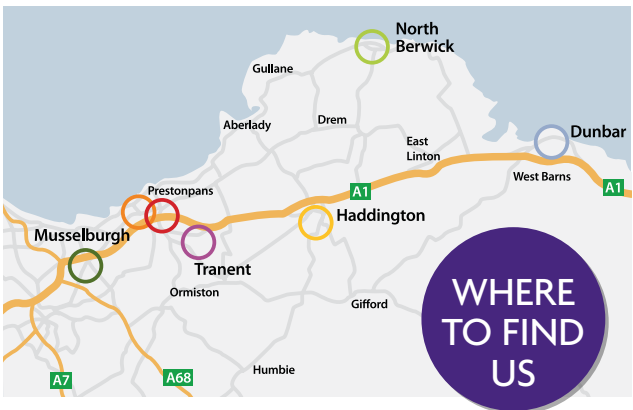
Musselburgh Sports Centre,  
Musselburgh  
☎ 0131 653 5208

Loch Centre,  
Tranent  
☎ 01875 824140

North Berwick Sports Centre,  
North Berwick  
☎ 01620 820730

Mercat Gait Centre,  
Prestonpans  
☎ 01875 815483

Mercat Gait Centre  
is managed by FES 



WHERE  
TO FIND  
US

[www.enjoyleisure.com](http://www.enjoyleisure.com)

0319-1

 [enjoyleisure.eastlothian](https://www.facebook.com/enjoyleisure.eastlothian)

 @Enjoy\_Leisure