

FITNESS CLASS TIMETABLE

JANUARY - MARCH 2020

**SAVE TIME
BOOK
ONLINE**



OVER
300
CLASSES
PER WEEK



BOOK ONLINE! via 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 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.

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Class listings are correct at time of print, December 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

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. 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 may 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 impact:**
For those looking to improve their health or activity level.
- ▶ **Low intensity:** For those starting out
- ▶▶ **Medium intensity:** For those who exercise regularly
- ▶▶▶ **High intensity:** For those doing a lot of exercise regularly.
-  **Suitable for teenagers.** Ages 12-13 years old, when accompanied by an adult. Ages 14-15 years old independently.

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? What should I bring with me?

Comfortable, lightweight clothing is best. You should also wear suitable, supportive footwear. 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 T 01620 820650



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

Legs, Bums & Tums	9:05am - 9:50am	TF >/>>	♥ Susan
BodyCombat	9:15am - 10:00am	>>/>>>	♥ Amanda
Funky Fitness	10:00am - 11:00am	>	♥ Anna
BodyPump	10:10am - 10:55am	>>/>>>	♥ Amanda
Pilates	11:15am - 12:00pm	TF >/>>	♥ Amanda
NEW Yoga	12:00pm - 12:45pm	TF >/>>	♥ Amanda
NEW Teen Fit Gym	4:30pm - 5:30pm	TF	Richard
Kettlebells	5:30pm - 6:15pm	>>	Vicky
BodyPump	5:30pm - 6:30pm	>>/>>>	Scott B
HIIT Step	6:35pm - 7:20pm	>>/>>>	Vicky
Zumba	6:45pm - 7:30pm	TF >>	Pam
Abs Blast	7:25pm - 7:55pm	TF >>	Vicky
HIIT Spin	8:05pm - 8:35pm	>>/>>>	Vicky

Yoga	8:00am - 8:45am	TF >/>>	♥ Amanda
Body Combat Express	9:05am - 9:35am	>>/>>>	♥ Amanda
Aqua-Fit	9:15am - 10:00am	TF >	♥ Debbie
BodyBalance Express	9:40am - 10:10am	TF >/>>	♥ Amanda
Resistance Bands	12:30pm - 1:00pm	TF >/>>	Vicky
Fitness Fun	2:00pm - 3:00pm	>	♥ Ramon
BodyAttack	5:30pm - 6:15pm	>>/>>>	Vicky
Resistance Bands	6:15pm - 6:45pm	TF >/>>	Vicky
Hatton Boxing	6:45pm - 7:30pm	>>/>>>	Vicky
Aqua-Fit	7:30pm - 8:15pm	TF >	♥ Karen
Spin-Fit	7:40pm - 8:40pm	TF >>>	Norman

Spin Express	7:30am - 8:00am	TF >>>	Norman
Zumba	9:15am - 10:00am	TF >>	Pam
Body Suspension	9:00am - 9:30am	>/>>	Laura
NEW Kettlebells	9:35am - 10:05am	>>	Laura
Strength & Tone	10:10am - 10:55am	>/>>	Pam
BodyBalance	10:10am - 10:55am	TF >>/>>>	♥ Laura
NEW Beginners' Yoga	11:00am - 11:30am	TF >/>>	♥ Amanda
Pilates	11:30am - 12:15pm	TF >/>>	♥ Amanda
Yoga	12:15pm - 1:00pm	TF >/>>	♥ Amanda
Funky Fitness	2:30pm - 3:30pm	>	♥ Tracey



	CLASS	TIME	INTENSITY	COACH
WED	BodyAttack	5:30pm - 6:15pm	▶▶/▶▶	Vicky
	MetaFit	6:20pm - 6:50pm	▶▶/▶▶	Vicky
	BodyPump	7:00pm - 7:45pm	▶▶/▶▶	Vicky
THU	NEW Hatton Boxing	9:05am - 9:50am	▶▶/▶▶	Tracey
	Spin & Tone	9:15am - 10:15am	TF ▶▶	Anna
	NEW Zumba	9:55am - 10:30am	TF ▶▶	Pam
	BodyBalance	10:30am - 11:15am	TF ▶/▶▶	♥ Amanda
	Pilates	11:15am - 12:00pm	TF ▶/▶▶	♥ Amanda
	Yoga	12:00pm - 12:45pm	TF ▶/▶▶	♥ Amanda
	NEW Aerotone	5:20pm - 6:05pm	TF ▶▶	Tracey
	BodyPump	5:30pm - 6:30pm	▶▶/▶▶	Scott B
Yoga	6:15pm - 7:15pm	TF ▶/▶▶	♥ Sue	
FRI	Spin Express	7:30am - 8:00am	TF ▶▶/▶▶	Norman
	Kettlebells	9:10am - 9:40am	▶▶/▶▶	Vicky
	Resistance Bands	9:45am - 10:15am	TF ▶/▶▶	Vicky
	BodyAttack Express	10:20am - 10:50am	▶▶/▶▶	Vicky
	Teen Fit Gym	1:00pm - 2:00pm	TF	Richard
	Spin-Fit	4:45pm - 5:30pm	TF ▶▶	Marion
	BodySuspension	5:00pm - 5:45pm	▶▶/▶▶	Laura
	NEW Kettlebells	5:45pm - 6:15pm	▶▶/▶▶	Laura
	BodyCombat	6:20pm - 7:05pm	▶▶/▶▶	Laura
	BodyBalance	7:10pm - 7:55pm	TF ▶/▶▶	♥ Laura
SAT	NEW Body Combat	8:20am - 9:05am	▶▶/▶▶	Susan
	Aerotone	9:00am - 10:00am	TF ▶▶	Marion
	BodyPump	9:15am - 10:15am	▶▶/▶▶	Susan
	Abs Blast	10:10am - 10:40am	TF ▶▶	Vicky
	Spin-Fit	10:45am - 11:30am	TF ▶▶	Vicky
	Zumba	11:45am - 12:30pm	TF ▶▶	Pam
SUN	Spin Express	9:00am - 9:30am	TF ▶▶	Tracey
	Pilates	9:45am - 10:45am	TF ▶/▶▶	♥ Jill

NB - Timetable may be subject to change. Class Descriptions are on page 14 & 15.

Dunbar Leisure Pool

Castlepark, Dunbar T 01620 820655

	CLASS	TIME	INTENSITY	COACH
MON	Body Suspension	9:15am - 10:00am	»/»»	Laura
	BodyAttack	10:00am - 11:00am	»/»»	Laura
	Aqua-Fit	10:05am - 10:50am	TF »/»	♥ Cristina
	BodyBalance	11:00am - 11:45am	TF »	♥ Laura
	Ballet Stretches	11:50am - 12:35pm	TF »/»	Cristina
	MetaFit	6:00pm - 6:30pm	»/»»	Martin
	Rock-Fit	6:30pm - 7:15pm	TF »	Lorna
	Spin-Fit	7:25pm - 8:10pm	TF »/»»	Marta
	Pilates	8:15pm - 9:00pm	TF »/»	♥ Jill
TUE	BodyPump	9:15am - 10:00am	»/»»	Phil/Martin
	NEW Spin Express	10:10am - 10:40am	TF »/»	♥ Amanda
	Yoga	10:50am - 11:35am	TF »/»	♥ Hanna
	BodyPump	6:00pm - 6:45pm	»/»»	Martin / Phil
	Spin-Fit	7:00pm - 7:45pm	TF »/»»	Marta/Marion
	Aqua-Fit	7:30pm - 8:15pm	TF »/»	♥ Cristina
WED	HIIT Step	9:10am - 9:40am	»/»»	Vicky
	Spin-Fit	9:45am - 10:30am	TF »/»»	Vicky
	Aqua-Fit	10:05am - 10:50am	TF »/»	♥ Cristina
	BodyPump Express	10:35am - 11:05am	»/»»	Vicky
	NEW Yoga	11:15am - 12:00pm	TF »/»	♥ Hanna
	Kettlebells	6:00pm - 6:45pm	»/»»	Laura
	BodyCombat	6:45pm - 7:30pm	»/»»	Laura
	Zumba	7:30pm - 8:15pm	TF »	Laura
	BodyBalance	8:15pm - 9:00pm	TF »	♥ Laura
THU	Kettlebells	9:15am - 10:00am	»/»»	Laura
	NEW STRONG by Zumba	10:00am - 10:45am	»/»»	Laura
	NEW Legs, Bums & Tums	10:45am - 11:30am	TF »	Laura
	Pilates	5:00pm - 5:45pm	TF »/»	♥ Kristina
	BodyPump	6:00pm - 6:45pm	»/»»	Kristina
	Spin-Fit	7:00pm - 7:45pm	TF »/»»	Marion
FRI	MetaFit	9:15am - 9:45am	»/»»	Kristina/Marta
	Spin Express	9:55am - 10:25am	TF »/»»	Phil/Marta
	Aqua-Fit	10:05am - 11:05am	TF »/»	♥ Kristina
	NEW BodyPump Express	10:35am - 11:05am	»/»»	Marta
	Pilates	11:15am - 12:00pm	TF »	Kristina
	Teen Fit Gym	2:00pm - 3:00pm	TF	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	TF »	♥ Laura
SUN	BodyPump	9:10am - 9:55am	»/»»	Martin / Kristina
	Spin Express	10:05am - 10:35am	TF »/»»	Phil
	NEW Yoga	10:45am - 11:30am	TF »/»	Hanna

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



How do I login?

To access the online booking service you must have registered with [enjoyleisure](http://enjoyleisure.com), providing an active email address.



Once registered, visit 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

Loch Centre

Well Wynd, Tranent † 01875 824140



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

MON

BodyPump	9:30am - 10:25am	▶▶/▶▶▶	Scott B
Spin-Fit	9:30am - 10:30am	TF ▶▶▶	Vicky
NEW Aerotone	10:30am - 11:30am	TF ▶▶	Tracey
Resistance Bands	10:40am - 11:10am	TF ▶▶	Vicky
Funky Fitness	11:15am - 12:00pm	▶/▶▶	♥ Kirsty L
Aquafit	12:15pm - 1:00pm	TF ▶/▶▶	♥ Kirsty L
MetaFit	4:45pm - 5:15pm	▶▶/▶▶▶	Gaynor
Legs, Bums & Tums	5:15pm - 6:00pm	TF ▶▶	Gaynor
Zumba	5:15pm - 6:00pm	TF ▶▶	Pam
BodyCombat	6:00pm - 7:00pm	▶▶/▶▶▶	Kirsty L
Step & Tone	6:05pm - 6:55pm	TF ▶▶	Gaynor
BodyPump	7:00pm - 7:55pm	▶▶/▶▶▶	Scott B

TUE

Aqua-Fit	8:45am - 9:30am	TF ▶	♥ Bill
BodyPump	9:30am - 10:15am	▶▶/▶▶▶	Scott B
Stretch & Strength	9:30am - 10:15am	▶	♥ Kirsty L
HIIT	9:30am - 10:25am	▶▶/▶▶▶	Pam
Spin-Fit	10:30am - 11:15am	TF ▶▶▶	Scott B
Zumba	10:30am - 11:15am	TF ▶▶	Debbie
Funky Fitness	11:15am - 12:00pm	▶	♥ Debbie
Fitness Pilates	5:15pm - 6:15pm	TF ▶/▶▶	♥ Kirsty Mc
Spin-Fit	5:15pm - 6:00pm	TF ▶▶▶	Scott B
BodyPump	5:30pm - 6:15pm	▶▶	Gaynor
NEW BodyBalance	6:25pm - 7:25pm	TF ▶▶	♥ Gaynor
Aqua-Fit	7:15pm - 8:00pm	TF ▶	♥ Bill
Hutton Boxing	7:30pm - 8:20pm	▶▶▶	Chris
Kettlebells	8:20pm - 9:00pm	▶▶	Chris

WED

Aqua-Fit	9:30am - 10:10am	TF ▶	♥ Kirsty L
NEW MetaCircuits	9:30am - 10:25am	▶▶/▶▶▶	Scott B
BodyCombat	10:35am - 11:30am	▶▶/▶▶▶	Kirsty L
Spin-Fit	10:30am - 11:15am	TF ▶▶▶	Scott B
Teen Fit Gym	4:00pm - 5:00pm	TF ▶▶	Pam
NEW Express Aerobics	5:00pm - 5:30pm	TF ▶▶	Gaynor
Spin-Fit	5:15pm - 6:00pm	TF ▶▶▶	Scott B
NEW HIIT Circuits	5:15pm - 6:00pm	▶▶/▶▶▶	Pam
NEW MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶	Gaynor
Step & Tone	6:00pm - 6:45pm	TF ▶▶	Gaynor
Spin & Box	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
	BodyPump	7:00pm - 7:45pm	▶▶/▶▶▶	Judi
	NEW Dance Fitness	7:05pm - 7:50pm	TF ▶▶/▶▶▶	Debbie
	BodyBalance	8:00pm - 9:00pm	TF ▶/▶▶	Judi
THU	Yoga	7:30am - 8:15am	TF ▶/▶▶	Dianne
	BodyPump	9:30am - 10:20am	▶▶/▶▶▶	Scott B
	Zumba	10:30am - 11:20am	TF ▶▶	Debbie
	Spin-Fit	10:35am - 11:20am	TF ▶▶▶	Scott B
	Funky Fitness	11:30am - 12:15pm	▶	Debbie
	NEW Express Legs, Bums & Tums	4:45pm - 5:15pm	TF ▶/▶▶	Gaynor
	BodyPump	5:20pm - 6:20pm	▶▶/▶▶▶	Gaynor
	NEW Abs Blast	5:30pm - 5:50pm	TF ▶/▶▶	Jamie
	Spin-Fit	6:00pm - 6:45pm	TF ▶▶/▶▶▶	Jamie
	BodyBalance	6:20pm - 7:20pm	TF ▶/▶▶	Gaynor
Insanity	7:30pm - 8:00pm	▶▶▶	Chris	
RockFit	7:30pm - 8:15pm	TF ▶▶	Lorna	
NEW Circuits	8:05pm - 8:50pm	▶▶▶	Chris	
FRI	Spin-Fit	9:30am - 10:15am	TF ▶▶▶	Scott B
	BodyCombat	9:15am - 10:15am	▶▶/▶▶▶	Kirsty L
	BodyPump	10:30am - 11:15am	▶▶/▶▶▶	Scott B
	Stretch & Strength	10:45am - 11:30am	▶/▶▶	Kirsty L
	Teen Fit Gym	1:15pm - 2:15pm	TF ▶▶▶	Pam
	NEW Zumba	6:10pm - 6:55pm	TF ▶▶	Debbie/Jen
SAT	BodyPump	9:10am - 9:55am	▶▶/▶▶▶	Gaynor
	Spin-Fit	9:10am - 9:55am	TF ▶▶▶	Scott B
	BodyBalance	10:05am - 10:55am	TF ▶/▶▶	Gaynor
	Agility Circuits	10:10am - 11:00am	▶▶/▶▶▶	Scott B
SUN	BodyPump with Technique	9:10am - 10:10am	▶▶/▶▶▶	Judi
	Spin-Fit	9:15am - 10:00am	TF ▶▶▶	Pam
	Zumba	10:15am - 11:00am	TF ▶▶	Pam
	BodyBalance	10:15am - 11:15am	▶/▶▶	Judi

NB - Timetable may be subject to change.

Meadowmill Sports Centre

Off the B1361, Tranent T 01875 618997



	CLASS	TIME	INTENSITY	COACH
MON	NEW Yoga	10:00am - 11:00am	TF >/>>	♥ Emanuela
	Spin-Fit	4:35pm - 5:20pm	TF >>>	Gary/Darren
	High Intensity	5:30pm - 6:00pm	>>>	Gary/Darren
	Spin-Fit	6:05pm - 6:50pm	TF >>>	Tracey
	NEW Box Blast	6:55pm - 7:25pm	>>>	Tracey
TUE	Hatton Boxing	9:20am - 10:00am	>>/>>>	Gary
	Spin Express	10:00am - 10:30am	TF >>>	Gary
	Indoor Boot Camp	6:15pm - 7:00pm	>>	Chris
	Spin-Fit	7:05pm - 7:50pm	TF >>>	Chris/Greg
WED	NEW Yoga	10:00am - 11:00am	TF >/>>	♥ Emanuela
	Spin-Fit	6:15pm - 7:00pm	TF >>>	Darren/Chris/Gary
	HIIT	7:05pm - 7:35pm	>>/>>>	Darren/Chris/Gary
THU	Spin-Fit Express	9:30am - 10:00am	TF >>>	Darren/Gary
	High Intensity	10:05am - 10:35am	>>>	Darren/Gary
	Spin-Fit	6:15pm - 7:00pm	TF >>>	Chris/Greg
	Circuits	7:05pm - 7:50pm	>>/>>>	Chris
FRI	Spin-Fit Express	9:30am - 10:00am	TF >>>	Greg/Darren/Chris
	HIIT	10:05am - 10:35am	>>/>>>	Darren/Chris/Greg
SAT	Spin-Fit	9:15am - 10:00am	TF >>>	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, twitter and instagram pages:



 enjoyleisure.eastlothian



 @Enjoy_Leisure  enjoyleisure

Book classes online! www.enjoyleisure.com

Mercat Gait Centre

Preston Road, Prestonpans T 01875 815483



	CLASS	TIME		INTENSITY	COACH
MON	Spinning	7:40am - 8:25am	TF	☹️ >>/>>>	Leisure Staff
	Aqua-Fit	9:00am - 9:45am	TF	>> ❤️	Leisure Staff
	NEW Circuits	10:00am - 10:50am		☹️ >>>	Leisure Staff
	Spin Express	12:00pm - 12:30pm	TF	>>/>>>	Leisure Staff
	NEW Stretch	12:35pm - 12:55pm		>	Leisure Staff
	Boxercise	6:00pm - 7:00pm		>>/>>>	Leisure Staff
	Abs Blast	7:10pm - 7:35pm		>>	Leisure Staff
Spin Express	7:45pm - 8:15pm	TF	>>/>>>	Leisure Staff	

TUE	Kettlebells	7:40am - 8:25am		>>	Leisure Staff
	NEW Spin Circuits	9:05am - 9:55am		☹️ >>>	Leisure Staff
	Aqua-Fit	12:15pm - 1:00pm	TF	>/>> ❤️	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	TF	☹️ >> ❤️	Leisure Staff
	Booty & Abs Blast	10:00am - 10:45am		☹️ >>	Leisure Staff
	Spin Express	12:15pm - 12:45pm	TF	>>	Leisure Staff
	Kettlebells	6:00pm - 6:45pm		>>	Leisure Staff
	Spinning	7:00pm - 7:45pm	TF	>>/>>>	Leisure Staff
Deep Water Aqua-Fit	8:00pm - 8:45pm	TF	>> ❤️	Leisure Staff	

THU	NEW Body Suspension	7:40am - 8:25am		>>/>>>	Leisure Staff
	Aquafit	8:45am - 9:30am	TF	>/>> ❤️	Leisure Staff
	High Intensity	9:30am - 10:00am		☹️ >>>	Leisure Staff
	NEW Deep Water Aqua Fit	12:00pm - 12:45pm	TF	>/>>	Leisure Staff
	Booty & Abs Blast	6:00pm - 6:45pm		>>	Leisure Staff
	Boxercise	6:50pm - 7:50pm		>>/>>>	Leisure Staff
Aqua-Fit	8:00pm - 8:45pm	TF	>> ❤️	Leisure Staff	

FRI	Spinning	7:40am - 8:25am	TF	>>/>>>	Leisure Staff
	Circuits	9:15am - 10:05am		☹️ >>>	Leisure Staff
	Booty & Abs Blast	12:00pm - 12:45pm		>>	Leisure Staff
	NEW Spin & Abs Blast	6:30pm - 7:15pm	TF	>>/>>>	Leisure Staff

SAT	Spin Circuits	9:05am - 10:05am		>>/>>>	Leisure Staff
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Class Descriptions can be found on p14 & p15 NB - Timetable may be subject to change
TF At Mercat Gait Centre all teens 12-15 should be accompanied by an adult.



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Musselburgh Sports Centre

Newbigging, Musselburgh T 0131 653 5208

	CLASS	TIME	INTENSITY	COACH
MON	Yoga	7:30am - 8:15am	TF >/>>	♥ Dianne
	BodyPump	9:20am - 10:10am	>>/>>>	Kirsty L
	Zumba	10:10am - 10:55am	TF >/>>	Kirsty L
	Fitness Fun	11:15am - 12:15pm	>/>>	♥ Ramon
	NEW Aqua-Fit	12:15pm - 1:00pm	TF >/>>	♥ Susan
	NEW High Intensity Step & Tone	5:40pm - 6:25pm	>>/>>>	Dawn
	Yoga	6:30pm - 7:30pm	TF >>	Linda
	Yoga	7:45pm - 8:45pm	TF >/>>	♥ Emanuela
TUE	Piloxing	9:20am - 10:05am	TF >>	Kirsty M
	Fitness Pilates	10:10am - 11:10am	TF >>	Kirsty M
	Gym Assist	11:15am - 12:15pm	TF	Ramon
	BodyPump	5:15pm - 6:00pm	>>/>>>	Kirsty L
	BodyCombat	6:10pm - 6:40pm	>>/>>>	Kirsty L
	Body Conditioning	6:45pm - 7:45pm	TF >>	Linda
	PiYO	7:50pm - 8:50pm	TF >>	Kirsty M
WED	BodyPump	9:20am - 10:05am	>>/>>>	Dawn
	Pilates	10:10am - 11:00am	TF >>	Dawn
	Fitness For All	11:15am - 12:15pm	>	♥ Ramon
	Xpress Circuits	5:15pm - 5:45pm	>>/>>>	Kirsty M
	Piloxing	5:45pm - 6:30pm	TF >>	Kirsty M
	Step & Tone	6:40pm - 7:10pm	TF >>	Linda
	NEW Fab Abs	7:15pm - 7:45pm	TF >>	Linda
Yoga	8:00pm - 9:00pm	TF >/>>	♥ Kirsten	
THU	Kettlebells	9:20am - 10:05am	>>	Kirsty M
	Fitness Pilates	10:10am - 11:10am	TF >>	♥ Kirsty M
	Resistance Training for All	11:15am - 12:15pm	>/>>	♥ Ramon
	Aqua-Fit	12:30pm - 1:15pm	TF >/>>	Ramon
	BodyCombat	5:30pm - 6:15pm	>>	Susan
	Resistance Bands / Abs Blast	6:30pm - 7:15pm	TF >>/>>>	Susan
	Kettlebells	7:25pm - 7:55pm	>>/>>>	Kirsty M
	Aqua-Fit	7:30pm - 8:15pm	TF >/>>	Susan
Fitness Pilates	8:00pm - 9:00pm	TF >/>>	♥ Kirsty M	
FRI	Yoga	7:30am - 8:15am	TF >/>>	♥ Kirsten
	BodyPump	9:15am - 10:15am	>>/>>>	Gaynor
	BodyBalance	10:20am - 11:20am	TF >>	♥ Gaynor
	Teen Fit Gym	1:00pm - 2:00pm	TF	Leisure Assistant
	NEW Yoga	7:15pm - 8:15pm	TF >/>>	Emanuela
SAT	BodyCombat	9:15am - 10:00am	>>/>>>	Amanda
	BodyBalance	10:15am - 11:00am	TF >>	♥ Amanda
	BodyPump	11:15am - 12:15pm	>>/>>>	Gaynor
SUN	NEW Xpress Circuits	9:15am - 9:45am	>>/>>>	Kirsty M
	Fitness Pilates	9:45am - 10:45am	TF >/>>>	♥ 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	TF ▶▶		Gina
	ViPR	10:30am - 11:15am	▶▶/▶▶▶		Colin
	Yoga	2:15pm - 3:15pm	TF ▶▶	♥	Sue
	BodyPump	6:15pm - 7:00pm	▶▶/▶▶▶		Judi
	BodyBalance	7:15pm - 8:00pm	TF ▶▶/▶▶	♥	Judi
	MetaFit	7:30pm - 8:00pm	▶▶/▶▶▶		Eilidh
	Spin-Fit	8:15pm - 9:15pm	TF ▶▶/▶▶▶		Eilidh
TUE	MetaFit	9:15am - 9:45am	▶▶/▶▶▶		Vicky
	Body Conditioning	9:30am - 10:15am	TF ▶▶/▶▶		Joyce
	BodyPump	9:55am - 10:40am	▶▶/▶▶▶		Vicky
	Abs Blast	10:45am - 11:15am	TF ▶▶/▶▶▶		Vicky
	Teen Fit Gym	4:15pm - 5:15pm	TF		Richard
	MetaFit	5:15pm - 5:45pm	▶▶/▶▶▶		Jane
	Toning	6:00pm - 6:45pm	TF ▶▶		Gina
	Body Combat	6:15pm - 7:00pm	▶▶/▶▶▶		Eszter
	Spin-Fit	7:00pm - 7:45pm	TF ▶▶/▶▶▶		Eilidh
	BodyBalance	8:00pm - 8:45pm	TF ▶▶/▶▶	♥	Lynsey
WED	Aqua-Fit	9:15am - 10:00am	▶▶/▶▶	♥	Joyce
	Circuits	9:15am - 10:15am	▶▶/▶▶		Vharri
	ViPR	10:20am - 11:05am	▶▶/▶▶▶		Colin
	Aqua-Fit	2:00pm - 2:45pm	▶▶/▶▶	♥	Joyce
	MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶		Jane
	Body Conditioning	6:15pm - 7:00pm	TF ▶▶		Jane
Spin-Fit	7:15pm - 8:15pm	TF ▶▶/▶▶▶		Jane	
THU	Ballet Stretches	8:50am - 9:35am	TF ▶▶/▶▶	♥	Cristina
	NEW Resistance Bands	8:50am - 9:35am	TF ▶▶		Vicky
	Aqua-Fit Circuits	9:15am - 10:00am	▶▶	♥	Joyce
	NEW Ballet 4 Fitness	9:40am - 10:10am	TF ▶▶/▶▶▶		Cristina
	NEW BodyPump	9:40am - 10:15am	▶▶/▶▶▶		Vicky
	Aqua-Fit	10:15am - 11:00am	▶▶/▶▶		Cristina
	Yoga	2:30pm - 3:30pm	TF ▶▶/▶▶	♥	Sue
	Body Combat	6:15pm - 7:00pm	▶▶/▶▶▶		Eszter
	Spin-Fit	7:15pm - 8:15pm	TF ▶▶/▶▶▶		Eilidh
	Legs, Bums & Tums	7:15pm - 8:00pm	TF ▶▶		Gina
FRI	NEW BodyCombat	9:15am - 10:00am	▶▶/▶▶▶		Susan
	Aqua-Fit	9:15am - 10:00am	▶▶/▶▶	♥	Joyce
	NEW BodyPump	10:15am - 11:00am	▶▶/▶▶▶		Susan
	Teen Fit Gym	12:30pm - 1:30pm	TF		Leisure Staff
	Teen Fit Gym	1:30pm - 2:30pm	TF		Leisure Staff
	NEW Teen Fit Spin	4:30pm - 5:15pm	TF		Jane
MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶		Jane	
SAT	MetaFit	9:00am - 9:30am	▶▶/▶▶▶		Jane
	Spin-Fit	9:30am - 10:30am	TF ▶▶/▶▶▶		Ailsa
SUN	Teen Fit Gym	3:00pm - 4:00pm	TF		Leisure Staff

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

CLASS DESCRIPTIONS

Abs Blast **TF**

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

Aerotone **TF**

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 **TF**

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

Aqua-Fit Circuits **TF**

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

Ballet Stretches **TF**

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

Ballet 4 Fitness **TF** **NEW**

Fitness / dance class based on Ballet exercises, working on posture, core strength, flexibility, joint mobility, balance and coordination. All levels welcome.

Body Conditioning **TF**

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

BodyAttack®

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

BodyBalance® **TF**

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 / Boxercise

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.

Dance Fitness **TF** **NEW**

Enjoy this fun-loving, creative, dance fitness workout. No dance experience necessary, just plenty of enthusiasm, and a bit of sass!

Fitness For All **TF**

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 **TF**

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 **TF**

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

Functional Fitness **TF**

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

TF These classes are Teen Friendly. Unless otherwise stated, teens aged 12 & 13 years can attend these fitness classes when accompanied by an adult (16+). Teens aged 14 & 15 year olds can attend these classes independently.

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 gym workout.

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.

MetaCircuits

A high impact class consisting of 30mins of MetaFit followed by a series of weights and resistance circuit challenges.

MetaFit®

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

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.

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.

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.

Strong by Zumba

Start training to the beat! Every squat, lunge & burpee is driven by the music. You'll burn calories, while toning arms, legs, abs and glutes.

Teen Fit Gym

Feel energised, 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.

Teen Fit Spin

A dedicated version of Spin-Fit for 12+ 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, labelled with the heart symbol in 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 618997

Dunbar Leisure Pool,
Dunbar
☎ 01620 820655

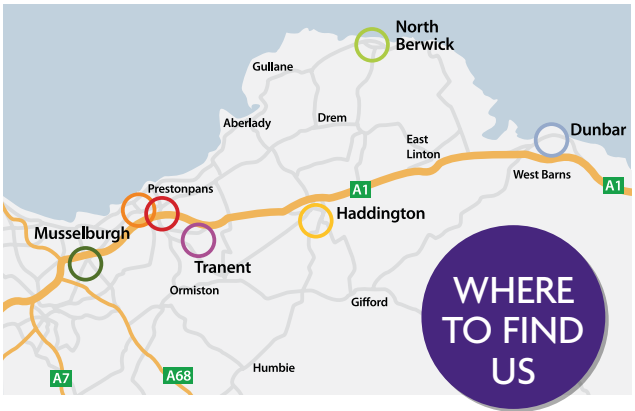
Musselburgh Sports Centre,
Musselburgh
☎ 0131 653 5208

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



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