

# FITNESS CLASS TIMETABLE

JULY - AUGUST 2017

SAVE TIME  
BOOK  
ONLINE



**290**  
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 290 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
- 5 Online Booking
- 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, June 2017, 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 up to 15mins prior to the start time. 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.

## Do you offer a crèche service?

Yes. Classes noted with a 🚼 symbol indicate that a crèche service is available. The crèche is available to infants aged 3 months - 5 years. Crèche spaces are limited and should be booked in advance, pre-payment is required. Cancellation procedures apply.

## 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 to register your attendance.

**Prices**    *Adult:*            £4.10 - £6.70  
                  *Concession:*        £2.90 - £5.10

# Aubigny Sports Centre

Mill Wynd, Haddington ☎ 01620 820650



CLASS	TIME	INTENSITY	COACH
Spin Express	7:30am - 8:00am	▶▶/▶▶▶	Norman
BodyCombat	9:15am - 10:00am	☹ ▶▶▶	Amanda
Funky Fitness	10:00am - 11:00am	☹ ▶	♥ Anna
BodyPump	10:10am - 10:55am	☹ ▶▶/▶▶▶	Amanda
BodyBalance	11:10am - 11:55am	▶▶	♥ Amanda
Yoga	12:00pm - 12:45pm	▶/▶▶	♥ Amanda
Kettlebells	5:30pm - 6:15pm	▶▶/▶▶▶	Nicola
MetaFit	5:45pm - 6:15pm	▶▶/▶▶▶	Scott B
Zumba	6:30pm - 7:15pm	▶▶	Pam
Zumba	7:15pm - 8:00pm	▶▶	Pam
BodyPump	6:30pm - 7:30pm	▶▶/▶▶▶	Scott B
Box Blast	9:15am - 10:00am	☹ ▶▶	Karen
Aqua-Fit	9:45am - 10:30am	☹ ▶	♥ Cristina
Ballet Stretches	10:40am - 11:10am	☹ ▶/▶▶	♥ Cristina
Pilates	11:45am - 12:45pm	▶/▶▶	♥ Jill
Fitness Fun	2:00pm - 3:00pm	▶	Ramon
BodyAttack	5:30pm - 6:30pm	▶▶/▶▶▶	Vicky
Outdoor Bootcamp	6:45pm - 7:30pm	▶▶/▶▶▶	Vicky
Pilates	6:45pm - 7:30pm	▶/▶▶	♥ Pheona
Aqua-Fit	7:30pm - 8:15pm	▶	♥ Karen
Spin-Fit	7:40pm - 8:40pm	▶▶/▶▶▶	Norman
Spin Express	7:30am - 8:00am	▶▶/▶▶▶	Norman
<b>NEW</b> Zumba	9:15am - 10:00am	☹ ▶▶	Pam
<b>NEW</b> Hatton Boxing	10:10am - 10:55am	☹ ▶▶/▶▶▶	Nicola
Pilates	12:30pm - 1:15pm	▶/▶▶	♥ Pheona
Funky Fitness	2:30pm - 3:30pm	▶	♥ Karen
Aerotone	5:30pm - 6:15pm	▶/▶▶	Rachael
MetaFit	6:30pm - 7:00pm	▶▶/▶▶▶	Scott M
Yoga	6:30pm - 7:30pm	▶/▶▶	♥ Pheona
BodyPump	7:05pm - 7:50pm	▶▶	Scott M
Spin-Fit	7:40pm - 8:25pm	▶▶/▶▶▶	Steven

NB - Timetable may be subject to change to accommodate coach holidays.

MON

TUE

WED


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

Spin-Fit & Tone	9:15am - 10:15am		Anna
BodyCombat	9:15am - 9:45am		Amanda
BodyPump	9:50am - 10:20am		Amanda
BodyBalance	10:30am - 11:15am		Amanda
Pilates	11:15am - 12:00pm		Amanda
Yoga	12:00pm - 12:45pm		Amanda
Piloxing	5:20pm - 6:05pm		Karen
BodyPump	5:30pm - 6:15pm		Scott B
Kettlebells	6:10pm - 6:55pm		Karen
Agility Circuits	6:30pm - 7:15pm		Scott B
Yoga	7:05pm - 8:05pm		Sue
<b>NEW</b> Abs Blast	7:25pm - 7:50pm		Vicky

Spin Express	7:30am - 8:00am		Norman
BodyPump	9:05am - 10:05am		Gaynor
Trimfit	9:05am - 10:05am		Rachael
BodyAttack	10:15am - 10:45am		Vicky
Aqua-Fit	10:15am - 11:00am		Rachael
Spin-Fit (starts 28 Jul)	4:45pm - 5:45pm		Richard
BodyCombat	6:00pm - 7:00pm		Laura
Hatton Boxing (starts 28 Jul)	7:05pm - 7:50pm		Richard
BodyBalance	7:05pm - 7:50pm		Laura

Aerotone	9:00am - 10:00am		Marion
BodyPump (starts 29 Jul)	9:05am - 10:05am		Richard
Abs Blast	10:10am - 10:40am		Vicky
Beginners Spin	10:45am - 11:30am		Vicky
PIYO	11:35am - 12:20pm		Vicky

Spin Express	9:00am - 9:30am		Richard / Jason / Steven
Hatton Boxing	9:40am - 10:25am		Vicky/Richard / Jason
Pilates	10:30am - 11:30am		Jill

Class Descriptions can be found on page 14 & 15.

**NB - Timetable may be subject to change to accommodate coach holidays.**

# Dunbar Leisure Pool

Castlepark, Dunbar T 01620 820655

	CLASS	TIME		INTENSITY	COACH
MON	BodyAttack	9:30am - 10:30am	☹	▶▶/▶▶▶	Laura
	Aqua-Fit	10:15am - 11:00am	☹	▶/▶▶	♥ Cristina
	BodyBalance	10:30am - 11:15am	☹	▶▶	♥ Laura
	MetaFit	5:55pm - 6:25pm		▶▶/▶▶▶	Martin
	Step	6:30pm - 7:15pm		▶▶▶	Jill
	<b>NEW</b> Spin-Fit	7:30pm - 8:15pm		▶▶/▶▶▶	Kristina
TUE	BodyCombat	9:10am - 10:10am	☹	▶▶/▶▶▶	Amanda
	BodyPump	10:15am - 11:00am	☹	▶▶/▶▶▶	Amanda
	Yoga	11:15am - 12:00pm		▶/▶▶	♥ Amanda
	Circuits	12:15pm - 1:00pm		▶▶/▶▶▶	Vicky
	<b>NEW</b> Abs Blast	1:05pm - 1:50pm		▶▶/▶▶▶	Vicky
	BodyPump	5:45pm - 6:45pm		▶▶/▶▶▶	Phil / Kristina
Spin-Fit	7:00pm - 8:00pm		▶▶/▶▶▶	Phil	
WED	MetaFit	9:10am - 9:40am	☹	▶▶/▶▶▶	Vicky / Martin
	Spin-Fit	9:45am - 10:30am	☹	▶▶/▶▶▶	Vicky
	Aqua-Fit	10:05am - 10:50am	☹	▶/▶▶	♥ Cristina
	Body Conditioning	10:35am - 11:05am	☹	▶▶/▶▶▶	Vicky
	Pilates Beginners	11:15am - 12:00pm		▶	♥ Jill
	Circuits	5:55pm - 6:40pm		▶▶/▶▶▶	Kristina
	Hatton Boxing	6:45pm - 7:30pm		▶▶/▶▶▶	Laura
	Zumba	7:30pm - 8:15pm		▶▶	Laura
Pilates	8:15pm - 9:00pm		▶/▶▶	♥ Jill	
THU	BodyAttack	9:30am - 10:15am	☹	▶▶/▶▶▶	Laura
	Kettlercise	10:15am - 11:15am	☹	▶▶/▶▶▶	Laura
	Spin-Fit	5:55pm - 6:40pm		▶▶/▶▶▶	Phil/Martin
	BodyAttack	6:45pm - 7:30pm		▶▶/▶▶▶	Laura
	BodyCombat	7:30pm - 8:15pm		▶▶/▶▶▶	Laura
	BodyBalance	8:15pm - 9:00pm		▶▶	♥ Laura
FRI	MetaFit	9:10am - 9:40am	☹	▶▶/▶▶▶	Grant/Kristina
	Spin-Fit	9:45am - 10:30am	☹	▶▶/▶▶▶	Kristina
	Aqua-Fit	10:10am - 10:55am	☹	▶/▶▶	♥ Phil
	BodyPump	5:45pm - 6:45pm		▶▶/▶▶▶	Phil / Martin
SAT	BodyCombat	9:15am - 10:00am		▶▶/▶▶▶	Laura
	BodyAttack	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		▶▶/▶▶▶	Martin/Kristina

Class Descriptions can be found on page 14 & 15.

**NB - Timetable may be subject to change to accommodate coach holidays.**

# 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

**£31**.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 - 10:20am	☹️	▶▶/▶▶▶	Vicky
Hatton Boxing	10:35am - 11:30am	☹️	▶▶/▶▶▶	Vicky
Spin-Fit	10:45am - 11:30am	☹️	▶▶/▶▶▶	Scott B
Funky Fitness	11:15am - 12:00pm		▶/▶▶	♥️ Kirsty L
Stretch & Strength	1:30pm - 2:30pm		▶/▶▶	♥️ Julie
MetaFit	4:45pm - 5:15pm		▶▶/▶▶▶	Gaynor
Legs Bums & Tums	5:15pm - 6:00pm		▶▶/▶▶▶	Gaynor
<b>NEW</b> Zumba	5:15pm - 6:00pm		▶▶/▶▶▶	Pam
Step & Tone	6:05pm - 7:00pm		▶▶	Gaynor

TUE

Box Blast	9:35am - 10:30am	☹️	▶▶	Pam
Body Conditioning	9:35am - 10:30am	☹️	▶▶/▶▶▶	Kirsty L
Spin-Fit	10:30am - 11:15am	☹️	▶▶/▶▶▶	Scott B
Zumba	10:30am - 11:15am	☹️	▶/▶▶	Kirsty L
Funky Fitness	11:15am - 12:00pm		▶	♥️ 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 - 11:25am	☹️	▶▶/▶▶▶	Kirsty L
Spin-Fit	10:45am - 11:30am		▶▶/▶▶▶	Scott B
Zumba	11:30am - 12:15pm		▶/▶▶	Kirsty L
Teen Fit Gym	4:00pm - 5:00pm			Pam
MetaFit	5:30pm - 6:00pm		▶▶/▶▶▶	Scott B
Step & Tone	5:30pm - 6:30pm		▶▶	Gaynor
Spin-Fit	6:00pm - 6:50pm		▶▶▶	Pam
BodyPump	6:10pm - 6:55pm		▶▶/▶▶▶	Scott B
Pilates	6:45pm - 7:45pm		▶▶	♥️ Gail
Spin-Fit	7:05pm - 7:50pm		▶▶▶	Scott B
BodyBalance	8:00pm - 9:00pm		▶▶	♥️ Judi

NB - Timetable may be subject to change to accommodate coach holidays.





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

THU	BodyPump	9:35am - 10:20am	☹	▶▶/▶▶▶	Scott B
	Insanity	9:35am - 10:20am	☹	▶/▶▶	Kirsty L
	Zumba	10:20am - 11:10am	☹	▶/▶▶	Kirsty L
	<b>NEW</b> Spin-Fit	10:30am - 11:15am	☹	▶▶/▶▶▶	Scott B
	Funky Fitness	11:15am - 12:00pm	☹	▶/▶▶	♥♥ Kirsty L
	BodyBalance	4:45pm - 5:45pm		▶▶	♥♥ Gaynor
	MetaFit	5:45pm - 6:15pm		▶▶/▶▶▶	Gaynor
	Spin-Fit	6:00pm - 6:45pm		▶▶/▶▶▶	Kirsty L
	BodyPump	6:20pm - 7:20pm		▶▶	Gaynor
	Kettlebells	7:30pm - 8:10pm		▶▶/▶▶▶	Chris
Hatton Boxing	8:15pm - 9:00pm		▶▶/▶▶▶	Chris	

FRI	Spin-Fit	9:35am - 10:20am	☹	▶▶▶	Scott B
	BodyCombat	9:35am - 10:25am	☹	▶▶/▶▶▶	Kirsty L
	BodyPump	10:35am - 11:20am	☹	▶▶	Scott B
	BodyBalance	10:30am - 11:30am	☹	▶▶	♥♥ Gaynor
	Stretch & Strength	10:45am - 11:30am		▶/▶▶	♥♥ Kirsty L
	Teen Fit Gym	2:30pm - 3:30pm			Pam
	BodyCombat/BodyPump	5:00pm - 5:45pm		▶▶/▶▶▶	Kirsty L
	Zumba	6:00pm - 6:45pm		▶/▶▶	Kirsty L

SAT	BodyPump	9:10am - 9:55am		▶▶/▶▶▶	Gaynor
	Spin-Fit	9:10am - 9:55am		▶▶▶	Scott B
	<b>NEW</b> Insanity	9:15am - 10:00am		▶▶▶	Chris
	Agility Circuits	10:10am - 11:10am		▶▶/▶▶▶	Scott B
	Aerotone	10:10am - 11:00am		▶▶	Gaynor
<b>NEW</b> Spin-Fit	10:10am - 10:55am		▶▶▶	Chris	

SUN	BodyPump	9:10am - 10:10am		▶▶/▶▶▶	Judi
	Spin-Fit	9:15am - 10:00am		▶▶▶	Pam
	BodyBalance	10:15am - 11:15am		▶▶	♥♥ Judi
	Zumba	10:15am - 11:00am		▶▶	Pam

Class Descriptions can be found on page 14 & 15.

**NB - Timetable may be subject to change to accommodate coach holidays.**

# Meadowmill Sports Centre

Off the B1361, Tranent T 01875 619079



	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	4:35pm - 5:20pm	»/»»	Gary
	MetaFit	5:30pm - 6:00pm	»/»»	Gary
	Spin-Fit	6:05pm - 6:50pm	»/»»	Kerry
	Hatton Boxing	7:00pm - 7:45pm	»/»»	Kerry
TUE	Hatton Boxing	9:30am - 10:00am	»»	Gary
	Spin-Fit	12:15pm - 1:00pm	»/»»	Gary
	Indoor Boot Camp	6:00pm - 7:00pm	»»	Paul
	Spin-Fit	7:05pm - 7:50pm	»/»»	Paul
WED	Spin-Fit	6:15pm - 7:00pm	»/»»	Gary / Greg
	MetaFit	7:05pm - 7:30pm	»»	Gary
	PiYO	7:35pm - 8:20pm	»/»»	Kerry
THU	Spin-Fit Express	9:30am - 10:00am	»/»»	Gary
	High Intensity	10:05am - 10:35am	»/»»	Gary
	INSANITY	6:30pm - 7:00pm	»/»»	Lara
	Spin-Fit Express	7:05pm - 7:50pm	»»	Greg
SAT	Spin-Fit	9:15am - 10:00am	»/»»	Gary / Fiona
	MetaFit	10:05am - 10:35am	»»	Gary / Fiona

*Class Descriptions can be found on page 14 & 15.*

**NB - Timetable may be subject to change to accommodate coach holidays.**



## 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)

# Mercat Gait Centre

Preston Road, Prestonpans T 01875 815483



	CLASS	TIME	INTENSITY	COACH
MON	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Aqua-Fit	9:00am - 9:45am	☹ ▶▶	A M JB
	Spinning	6:00pm - 6:45pm	▶▶	Leisure Staff
	Kettlercise	7:00pm - 7:45pm	▶▶	Leisure Staff

TUE	Kettlercise	7:40am - 8:25am	▶▶	Leisure Staff
	Spin & Circuits	6:00pm - 7:00pm	▶▶/▶▶▶	Leisure Staff
	High Intensity	7:15pm - 8:00pm	▶▶▶	Leisure Staff
	Abs Blast	8:05pm - 8:25pm	▶▶	Leisure Staff

WED	Aqua-Fit	9:15am - 10:00am	▶▶	♥ A M JB
	Booty & Abs Blast	10:00am - 10:45am	▶▶	Leisure Staff
	Kettlercise	6:00pm - 6:45pm	▶▶	Leisure Staff
	Spinning	7:00pm - 7:45pm	▶▶/▶▶▶	Leisure Staff
	Deep Water Aqua-Fit	8:00pm - 8:45pm	▶▶	A M JB

THU	Body Suspension	7:40am - 8:20am	▶▶/▶▶▶	Leisure Staff
	High Intensity	9:30am - 10:15am	▶▶▶	Leisure Staff
	Booty & Abs Blast	6:00pm - 6:45pm	▶▶	Leisure Staff
	Boxercise	6:50pm - 7:50pm	▶▶▶	Leisure Staff
	Aqua-Fit (Ladies only)	8:00pm - 8:45pm	▶▶	♥ A JB M

FRI	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Circuits	9:15am - 10:15am	☹ ▶▶▶	Leisure Staff
	Teen Fit Gym	2:00pm - 3:00pm		Leisure Staff
	Body Suspension	5:00pm - 5:40pm	▶▶▶	Leisure Staff
	Spinning	6:00pm - 6:45pm	▶▶▶	Leisure Staff

SAT	Spin Circuits	9:30am - 10:30am	▶▶/▶▶▶	Leisure Staff
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Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change to accommodate coach holidays.

Classes at the Mercat Gait Centre are taken by a range of coaches. The key below indicates which coaches may be taking each class.

A - Anneke

JB - Jamie B

M - Michael

# Musselburgh Sports Centre

Newbigging, Musselburgh T 0131 653 5208

	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	7:15am - 8:00am	▶▶/▶▶▶	Carrie
	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
	Boxercise	6:30pm - 7:30pm	▶▶/▶▶▶	Ramon
	Step & Tone	6:30pm - 7:30pm	▶▶	Linda
	Pilates	7:35pm - 8:35pm	▶/▶▶	Pheona
TUE	Piloxing	9:20am - 10:05am	☹ ▶▶	Kirsty M
	Functional Fitness	10:00am - 11:00am	☹ ▶▶	Ramon
	Fitness Pilates	10:10am - 11:10am	☹ ▶▶	Kirsty M
	Gym Blast	11:15am - 12:15pm		Ramon
	BodyPump	5:15pm - 6:00pm	▶▶/▶▶▶	Kirsty L
	INSANITY	6:10pm - 6:40pm	▶▶/▶▶▶	Kirsty L
	Body Conditioning	6:45pm - 7:45pm	▶▶	Linda
	PiYO	7:50pm - 8:50pm	▶▶	Carrie
WED	BodyCombat	7:15am - 8:00am	▶▶/▶▶▶	Carrie
	BodyPump	9:20am - 10:05am	☹ ▶▶/▶▶▶	Amanda
	BodyBalance	10:10am - 11:10am	☹ ▶▶	Amanda
	Fitness For All	11:15am - 12:15pm	▶	Ramon
	Zumba Gold	1:30pm - 2:30pm	▶	Julie
	Meta-Fit	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	☹ ▶▶	Carrie
	Fitness Pilates	10:10am - 11:10am	☹ ▶▶	Kirsty M
	Funky Fitness	11:15am - 12:15pm	▶/▶▶	Kirsty M
	Spin-Fit	5:30pm - 6:15pm	▶▶/▶▶▶	Carrie
	Circuits	6:30pm - 7:20pm	▶▶/▶▶▶	Fraser
	MetaFit	7:25pm - 7:55pm	▶▶/▶▶▶	Kirsty M
	Fitness Pilates	8:00pm - 9:00pm	▶/▶▶	Kirsty M
FRI	Yoga	7:30am - 8:15am	▶/▶▶	Kirsten
	BodyCombat	9:20am - 10:05am	☹ ▶▶/▶▶▶	Amanda
	BodyPump	10:10am - 10:40am	☹ ▶▶/▶▶▶	Amanda
	<b>NEW</b> BodyBalance	10:40am - 11:10am	☹ ▶▶	Amanda
	Power Stretch	11:15am - 12:15pm	▶/▶▶	Julie
	Teen Fit Gym	1:00pm - 2:00pm		Leisure Assistant
	Boxercise	6:30pm - 7:30pm	▶▶	Ramon
SAT	BodyCombat	9:15am - 10:00am	▶▶/▶▶▶	Amanda
	BodyBalance	10:15am - 11:00am	▶▶	Amanda
	BodyPump	11:15am - 12:15pm	▶▶/▶▶▶	Gaynor
SUN	MetaFit	9:30am - 10:00am	▶▶/▶▶▶	Kirsty M
	<b>NEW</b> PiYo	10:00am - 11:00am	▶▶	Kirsty M

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change to accommodate coach holidays.

# 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
	Pilates	11:30am - 12:30pm	▶/▶▶	♥️ Jill
	Hatton Boxing	6:30pm - 7:15pm	▶▶/▶▶	♥️ Vicky
	<b>NEW</b> Yoga	2:30pm - 3:30pm	▶/▶▶	♥️ Sue
	MetaFit	7:30pm - 8:00pm	▶▶/▶▶	♥️ Vicky/Eilidh
	Spin-Fit	8:15pm - 9:15pm	▶▶/▶▶	♥️ Eilidh
TUE	Ballet Stretches	8:45am - 9:15am	▶/▶▶	♥️ Cristina
	MetaFit	9:15am - 9:45am	☹️ ▶▶/▶▶	♥️ Vicky
	Body Conditioning	9:30am - 10:15am	☹️ ▶/▶▶	♥️ Joyce
	Abs Blast	9:50am - 10:20am	☹️ ▶▶	♥️ Vicky
	<b>NEW</b> PiYo	10:30am - 11:15am	☹️ ▶▶/▶▶	♥️ Vicky
	Seats & Beats	1:30pm - 2:15pm	▶	♥️ Joyce
	Teen Fit Gym	4:30pm - 5:30pm		♥️ Richard
	<b>NEW</b> MetaFit	5:30pm - 6:00pm	▶▶/▶▶	♥️ Jane
	Aerotone	6:30pm - 7:30pm	▶▶	♥️ Gina
	<b>NEW</b> Spin-Fit	7:45pm - 8:30pm	▶▶/▶▶	♥️ Eilidh
Pilates	8:45pm - 9:45pm	▶▶/▶▶	♥️ Jill	
WED	<b>NEW</b> Aqua-Fit	9:15am - 10:00am	☹️ ▶/▶▶	♥️ Joyce
	Circuits	9:15am - 10:15am	☹️ ▶/▶▶	♥️ Vharri
	ViPR	10:15am - 11:00am	☹️ ▶▶/▶▶	♥️ Colin
	Pilates	10:20am - 11:05am	☹️ ▶/▶▶	♥️ Vharri
	Aqua-Fit	2:00pm - 2:45pm	▶/▶▶	♥️ Joyce
	Body Conditioning	6:00pm - 7:00pm	▶▶	♥️ Jane
	Spin-Fit	7:15pm - 8:15pm	▶▶/▶▶	♥️ Jane
THU	Ballet Stretches	8:45am - 9:15am	▶/▶▶	♥️ Cristina
	Aqua-Fit Circuits	9:15am - 10:00am	☹️ ▶▶	♥️ Joyce
	MetaFit	9:15am - 9:45am	☹️ ▶▶/▶▶	♥️ Cristina
	<b>NEW</b> Kettlebells	9:45am - 10:15am	▶▶	♥️ Cristina
	Aqua-Fit	10:15am - 11:00am	☹️ ▶▶	♥️ Cristina
	Hatton Boxing	5:30pm - 6:15pm	▶▶/▶▶	♥️ Vicky
	Circuits	6:20pm - 7:05pm	▶▶▶	♥️ Vicky
	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
	Spin-Fit	11:00am - 11:45am	▶▶/▶▶	♥️ Jane/Eilidh
	Teen Fit Gym	12:30pm - 1:30pm		♥️ Richard
	Teen Fit Gym	1:30pm - 2:30pm		♥️ Richard
	MetaFit	5:30pm - 6:00pm	▶▶/▶▶	♥️ Jane
	<b>NEW</b> Spin-Fit	6:15pm - 7:00pm	▶▶/▶▶	♥️ Eilidh
SAT	MetaFit	9:00am - 9:30am	▶▶/▶▶	♥️ Jane
	Spin-Fit	9:30am - 10:30am	▶▶/▶▶	♥️ Ailsa
SUN	Kettlebells	9:15am - 10:00am	▶▶/▶▶	♥️ Cristina
	Ballet Stretches	10:00am - 10:45am	▶/▶▶	♥️ Cristina
	Tai Chi Chuan	12:00pm - 1:30pm	▶/▶▶	♥️ Chris A
	Teen Fit Gym	3:00pm - 4:00pm		♥️ Leisure Staff

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change to accommodate coach holidays.

# 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.

## 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 Blast/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.

## 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 Blast

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.

## Hatton Boxing

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

### **INSANITY® / High Intensity**

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 / Kettlercise®**

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.

### **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.

### **Power Stretch ♥**

Improve your flexibility and strength through full body stretches inspired by yoga strength poses, squats, lunges, press ups and planks with no equipment needed. Requires the ability to get comfortably down to a yoga mat.

### **Seats & Beats ♥**

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

### **Spin Circuit**

Half Hour Spin, followed by half hour of 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**

A supervised gym session for teenagers aged 13 - 16 years

### **Trimfit**

A targeted workout using Swiss balls and a variety of weight equipment to work that core!

### **ViPR**

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

### **Yogalates ♥**

Using a combination of Yoga and Pilates disciplines this class is aimed at perfecting balance using focus. Relax, relieve stress and perfect your posture.

### **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.

### **Zumba® Gold ♥**

Enjoy all the fun and exciting elements of Zumba® at a slower pace. Suitable for participants with long term health conditions, learning and physical disabilities and senior adults.

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



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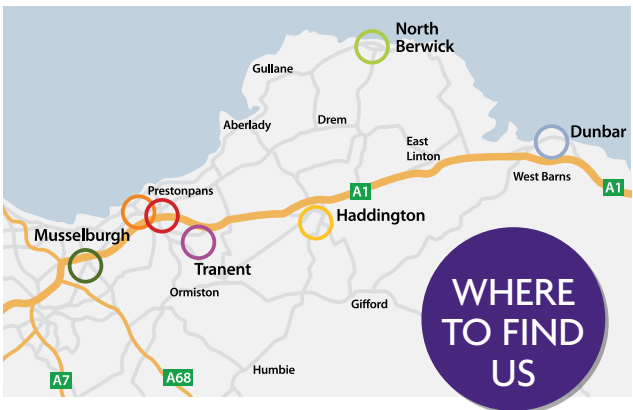
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Tranent  
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