

FITNESS CLASS TIMETABLE

JANUARY - MARCH 2018

**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 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

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 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	▶▶	Anna
NEW Swiss Balls Workout	12:30pm - 1:00pm	▶/▶▶	Vicky
Kettlebells	5:30pm - 6:15pm	▶▶/▶▶▶	Nicola
BodyPump	5:30pm - 6:30pm	▶▶/▶▶▶	Scott B
Zumba	6:30pm - 7:15pm	▶▶	Pam
NEW Body Suspension	6:45pm - 7:30pm	▶▶/▶▶▶	Chris/Jason
Zumba	7:15pm - 8:00pm	▶▶	Gus
NEW Body Suspension	7:30pm - 8:15pm	▶▶/▶▶▶	Chris/Jason

Box Blast	9:15am - 10:00am	☹ ▶▶	Karen
NEW Body Suspension	9:35am - 10:05am	☹ ▶▶/▶▶▶	Monika
Aqua-Fit	9:45am - 10:30am	☹ ▶	Cristina
NEW Body Suspension	10:05am - 10:35am	☹ ▶▶/▶▶▶	Monika
Ballet Stretches	10:40am - 11:10am	☹ ▶/▶▶	Cristina
Pilates	11:45am - 12:45pm	▶/▶▶	Jill
NEW Resistance Bands	12:30pm - 1:00pm	▶/▶▶	Vicky
Fitness Fun	2:00pm - 3:00pm	▶	Ramon
BodyAttack	5:30pm - 6:15pm	▶▶/▶▶▶	Vicky
NEW Resistance Bands	6:15pm - 6:45pm	▶▶	Vicky
NEW Hatton Boxing	6:45pm - 7:30pm	▶▶/▶▶▶	Vicky
Aqua-Fit	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 - 10:15am	☹ ▶▶/▶▶▶	Laura
BodyBalance	10:15am - 11:00am	☹ ▶/▶▶	Laura
Pilates	11:30am - 12:15pm	▶/▶▶	Amanda
Yoga	12:15pm - 1:00pm	▶/▶▶	Amanda
NEW Aqua-Fit	12:45pm - 1:30pm	▶	Gus
Funky Fitness	2:30pm - 3:30pm	▶	Karen
Aerotone	5:30pm - 6:15pm	▶/▶▶	Rachael
MetaFit	6:00pm - 6:30pm	▶▶/▶▶▶	Vicky
BodyPump	6:45pm - 7:30pm	▶▶/▶▶▶	Vicky
Spin-Fit	7:40pm - 8:40pm	▶▶/▶▶▶	Steven



	CLASS	TIME	INTENSITY	COACH
THU	Spin-Fit	7:30am - 8:00am	▶▶/▶▶▶	Steven
	BodyPump	7:30am - 8:15am	▶▶/▶▶▶	Vicky
	BodyPump	9:10am - 9:50am	☹ ▶▶	Vicky
	Spin & Tone	9:15am - 10:15am	☹ ▶▶/▶▶▶	Anna
	NEW Body Suspension	9:55am - 10:25am	☹ ▶▶/▶▶▶	Steven
	BodyBalance	10:30am - 11:15am	☹ ▶/▶▶	♥ Amanda
	Pilates	11:15am - 12:00pm	▶▶	♥ Amanda
	Yoga	12:00pm - 1:00pm	▶/▶▶	♥ Amanda
	Zumba	5:20pm - 6:05pm	▶▶	Pam
	BodyPump	5:30pm - 6:15pm	▶▶/▶▶▶	Scott B
	Kettlebells	6:10pm - 6:55pm	▶▶/▶▶▶	Pam
	Agility Circuits	6:30pm - 7:15pm	▶▶/▶▶▶	Scott B
	Yoga	7:00pm - 8:00pm	▶/▶▶	♥ Sue
BodyAttack	7:30pm - 8:15pm	▶▶/▶▶▶	Vicky	

FRI	Spin Express	7:30am - 8:00am	▶▶/▶▶▶	Norman
	BodyPump	9:05am - 10:05am	☹ ▶▶/▶▶▶	Gaynor
	BodyAttack	10:15am - 10:45am	☹ ▶▶/▶▶▶	Vicky
	Spin-Fit	4:45pm - 5:45pm	▶▶/▶▶▶	Richard
	BodyCombat	6:00pm - 7:00pm	▶▶▶	Laura
	BodyBalance	7:05pm - 7:50pm	▶/▶▶	♥ Laura
	NEW BodyPump	7:10pm - 7:55pm	▶▶/▶▶▶	Richard

SAT	Aerotone	9:00am - 10:00am	▶▶	Marion
	BodyPump	9:05am - 10:05am	▶▶/▶▶▶	Richard
	Abs Blast	10:10am - 10:40am	▶▶/▶▶▶	Vicky
	Beginners Spin	10:45am - 11:30am	▶▶	Vicky
	Zumba	11:45am - 12:30pm	▶/▶▶	Gus

SUN	NEW Strength & Conditioning	9:00am - 9:45am	▶▶/▶▶▶	Richard/Vicky
	Spin-Fit	9:55am - 10:25am	▶▶▶	Jason/Richard
	Pilates	10:30am - 11:30am	▶/▶▶	♥ Jill

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

Dunbar Leisure Pool

Castlepark, Dunbar T 01620 820655

	CLASS	TIME		INTENSITY	COACH
MON	BodyAttack	9:30am - 10:30am	☹	➡/➡➡	Laura
	Aqua-Fit	10:05am - 10:50am	☹	➡/➡	♥ Cristina
	BodyBalance	10:30am - 11:15am	☹	➡	♥ Laura
	NEW Body Suspension	11:15am - 12:00pm		➡/➡➡	Laura
	MetaFit	5:55pm - 6:25pm		➡/➡➡	Richard
	Step	6:30pm - 7:15pm		➡➡	Jill
	Spin-Fit	7:30pm - 8:15pm		➡/➡➡	Richard
TUE	BodyCombat	9:10am - 10:10am	☹	➡➡	Amanda
	BodyPump	10:15am - 11:00am	☹	➡/➡➡	Amanda
	Yoga	11:15am - 12:00pm		➡/➡	♥ Amanda
	BodyPump	5:45pm - 6:45pm		➡/➡➡	Martin / Grant
	Spin-Fit	7:00pm - 7:45pm		➡/➡➡	Phil / Grant
	NEW Aqua-Fit	7:30pm - 8:15pm		➡/➡	♥ Cristina
WED	MetaFit	9:10am - 9:40am	☹	➡/➡➡	Vicky
	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
	NEW Body Suspension	12:05pm - 12:50pm		➡/➡➡	Darryl/Kristina
	Circuits	5:55pm - 6:40pm		➡/➡➡	Marta
	BodyCombat	6:45pm - 7:30pm		➡/➡➡	Laura
	Zumba	7:30pm - 8:15pm		➡	Laura
	Pilates	8:15pm - 9:00pm		➡/➡	♥ Jill
THU	Kettlebells	9:30am - 10:15am	☹	➡/➡➡	Laura
	BodyCombat	10:15am - 11:00am	☹	➡➡	Laura
	BodyBalance	11:00am - 11:45am		➡	♥ Laura
	NEW Body Suspension Lite	5:15pm - 5:45pm		➡/➡➡	Kristina
	Spin-Fit	5:55pm - 6:40pm		➡/➡➡	Kristina
	BodyAttack	6:45pm - 7:30pm		➡/➡➡	Laura
	NEW Body Suspension	7:30pm - 8:15pm		➡/➡➡	Laura
FRI	MetaFit	9:10am - 9:40am	☹	➡/➡➡	Kristina
	Spin Express	9:45am - 10:15am	☹	➡/➡➡	Kristina/Grant
	Aqua-Fit	10:10am - 10:55am	☹	➡/➡	♥ Phil
	NEW Body Suspension	10:20am - 11:05am	☹	➡/➡➡	Darryl/Kristina
	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 / Phil

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**, 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

£31.50
per month

GYM | SWIM
CLASSES | RELAX

www.enjoyleisure.com

Loch Centre

Well Wynd, Tranent † 01875 824140



CLASS	TIME	INTENSITY	COACH
Spin-Fit	9:35am - 10:20am	☹️ ➡️/➡️➡️	Vicky
BodyPump	9:35am - 10:30am	☹️ ➡️/➡️➡️	Scott B
Abs Blast	10:35am - 11:05am	☹️ ➡️	Vicky
Spin-Fit	10:45am - 11:30am	☹️ ➡️/➡️➡️	Scott B
NEW Body Attack	11:10am - 11:55am	➡️/➡️➡️	Vicky
Funky Fitness	11:15am - 12:00pm	➡️/➡️	♥️ Kirsty L
Stretch & Strength	12:00pm - 12:45pm	➡️/➡️	♥️ Kirsty L
MetaFit	4:45pm - 5:15pm	➡️/➡️➡️	Gaynor
Legs Bums & Tums	5:15pm - 5:30pm	➡️	Gaynor
Zumba	5:15pm - 6:00pm	➡️	Pam
Step & Tone	6:05pm - 7:00pm	➡️	Gaynor
BodyPump	7:00pm - 7:45pm	➡️/➡️➡️	Scott B

Box Blast	9:35am - 10:30am	☹️ ➡️	Pam
Body Conditioning <i>(Jan only)</i>	9:35am - 10:30am	☹️ ➡️	♥️ Kirsty L
Spin-Fit	10:30am - 11:15am	☹️ ➡️/➡️➡️	Scott B
Zumba	10:30am - 11:15am	☹️ ➡️	Kirsty L/Pam
Funky Fitness	11:15am - 12:00pm	➡️	♥️ Kirsty L/Pam
Spin-Fit	5:15pm - 6:00pm	➡️/➡️➡️	Scott B
Fitness Pilates	5:15pm - 6:00pm	➡️	Kirsty Mc
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

Aqua-Fit	9:30am - 10:10am	☹️ ➡️/➡️	♥️ Kirsty L
Agility Circuits	9:35am - 10:35am	☹️ ➡️	Scott B
BodyCombat	10:35am - 11:25am	☹️ ➡️/➡️➡️	Kirsty L / Pam
Spin-Fit	10:45am - 11:30am	☹️ ➡️/➡️➡️	Scott B
Zumba	11:30am - 12:15pm	➡️/➡️	Kirsty L/Pam
Teen Fit Gym	4:00pm - 5:00pm		Leisure Assistant
Legs, Bums & Tums	4:45pm - 5:30pm	➡️	Gaynor
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

	CLASS	TIME	INTENSITY	COACH
THU	Body Conditioning	9:35am - 10:20am	☹️ ➡️	Kirsty L/Pam
	BodyPump	9:35am - 10:25am	☹️ ➡️/➡️➡️	Scott B
	Zumba	10:30am - 11:15am	☹️ ➡️	Kirsty L/Pam
	Spin-Fit	10:35am - 11:20am	☹️ ➡️/➡️➡️	Scott B
	Funky Fitness	11:15am - 12:00pm	☹️ ➡️/➡️	♥️ Kirsty L/Pam
	NEW MetaFit	4:45pm - 5:15pm	➡️/➡️➡️	Gaynor
	NEW BodyPump	5:20pm - 6:20pm	➡️/➡️➡️	Gaynor
	NEW BodyBalance	6:25pm - 7:25pm	➡️/➡️	♥️ Gaynor
Kettlebells	7:30pm - 8:00pm	➡️/➡️➡️	Chris	
Hatton Boxing	8:05pm - 9:05pm	➡️/➡️➡️	Chris	
FRI	Spin-Fit	9:35am - 10:20am	☹️ ➡️/➡️➡️	Scott B
	BodyCombat	9:35am - 10:25am	☹️ ➡️/➡️➡️	Kirsty L/Pam
	BodyBalance	10:30am - 11:30am	☹️ ➡️/➡️	♥️ Gaynor
	BodyPump	10:35am - 11:20am	☹️ ➡️/➡️➡️	Scott B
	Stretch & Strength	10:45am - 11:30am	▶️	♥️ Kirsty L/Pam
	Teen Fit Gym	2:30pm - 3:30pm		Pam
	BodyCombat/BodyPump <i>(January only)</i>	5:00pm - 5:45pm	➡️/➡️➡️	Kirsty L/Pam
	Zumba	6:00pm - 6:45pm	➡️	KirstyL/Jen
SAT	BodyPump	9:10am - 9:55am	➡️/➡️➡️	Gaynor
	Spin-Fit	9:10am - 9:55am	➡️/➡️➡️	Scott B
	Insanity	9:15am - 10:00am	➡️➡️	Chris
	Spin-Fit	10:10am - 10:55am	➡️/➡️➡️	Chris
	BodyBalance	10:10am - 11:00am	➡️/➡️	♥️ Gaynor
	Agility Circuits	10:10am - 11:10am	➡️	Scott B
SUN	BodyPump	9:10am - 10:10am	➡️/➡️➡️	Judi
	Spin-Fit	9:15am - 10:00am	➡️/➡️➡️	Pam
	Zumba	10:15am - 11:00am	➡️	Pam
	BodyBalance	10:15am - 11:15am	➡️/➡️	♥️ Judi
	Zumba	3:30pm - 4:30pm	➡️	Gus

NB - Timetable may be subject to change.

Class Descriptions can be found on page 14 & 15.

Loch Centre Changing Room Refurbishment

Commencing in January 2018, both the Male & Female Changing Rooms next to the Dance Studio will be completely refurbished. We're also installing an additional Accessible Changing / Shower / Toilet facility into this area.

Dance Studio Access

Throughout the refurbishment works there will no access to the studios via the link corridor. Class will continue in the 'Mirrored' Dance Studio, with access via the Main Hall Stage with participants entering the Studio via the external fire exit. All Spin-Fit classes are being moved to the Quiet Room (to the right of reception), with reduced number per class.

Registering Attendance

Please continue to register at reception in advance to confirm your attendance at classes.

Further information about the refurbishment is available within the Centre. We apologise for the inconvenience caused.

Meadowmill Sports Centre

Off the B1361, Tranent T 01875 619079



	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	4:35pm - 5:20pm	▶▶/▶▶▶	Gary
	NEW High Intensity	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	▶▶	Kerry / Fiona
	Spin-Fit	7:05pm - 7:50pm	▶▶/▶▶▶	Kerry / Fiona
WED	Spin-Fit	6:15pm - 7:00pm	▶▶/▶▶▶	Fiona/Greg
	MetaFit	7:05pm - 7:30pm	▶▶	Fiona/Gary
THU	Spin-Fit Express	9:30am - 10:00am	▶▶/▶▶▶	Gary
	High Intensity	10:05am - 10:35am	▶▶/▶▶▶	Gary
	NEW Hatton Boxing	6:15pm - 7:00pm	▶▶/▶▶▶	Vicky
	Spin-Fit	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.



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	☹ ▶▶	Leisure Staff
	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	▶▶	Leisure Staff
	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	▶▶	Leisure Staff

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	▶▶	Leisure Staff

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.

Musselburgh Sports Centre

Newbigging, Musselburgh T 0131 653 5208

	CLASS	TIME	INTENSITY	COACH
MON	Spin-Fit	7:15am - 8:00am	▶▶/▶▶▶	Carrie
	NEW Meta-Fit	8:05am - 8:35am	▶▶/▶▶▶	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
	NEW INSANITY	5:45pm - 6:30pm	▶▶▶	Chris
	Step & Tone	6:30pm - 7:30pm	▶/▶▶	Linda
	Boxercise	6:35pm - 7:30pm	▶▶/▶▶▶	Chris
	NEW Yoga	7:40pm - 8:40pm	▶/▶▶	♥ Dianne/Kirsten
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
	NEW BodyCombat	6:10pm - 6:40pm	▶▶/▶▶▶	Kirsty L
	Body Conditioning	6:45pm - 7:45pm	▶▶	Linda
	PiYO	7:50pm - 8:50pm	▶▶	Kirsty M
WED	BodyCombat	7:15am - 8:00am	▶▶/▶▶▶	Kirsty L
	NEW 15/15/15	8:20am - 9:05am	▶▶	Val
	BodyPump	9:20am - 10:05am	☹ ▶▶/▶▶▶	Dawn
	PiYO	10:10am - 11:00am	☹ ▶▶/▶▶▶	Dawn
	Fitness For All	11:15am - 12:15pm	▶	♥ Ramon
	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	☹ ▶▶	Kirsty M
	Fitness Pilates	10:10am - 11:10am	☹ ▶▶	♥ Kirsty M
	Funky Fitness	11:15am - 12:15pm	▶/▶▶	♥ Laura
	NEW BodyCombat	5:30pm - 6:15pm	▶▶▶	Gillian
	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 - 10:00am	☹ ▶▶▶	Amanda
	BodyPump	10:05am - 10:35am	☹ ▶▶/▶▶▶	Amanda
	BodyBalance	10:40am - 11:10am	☹ ▶/▶▶	♥ Amanda
	Teen Fit Gym	1:00pm - 2:00pm		Leisure Assistant
	BodyCombat	5:15pm - 6:15pm	▶▶▶	Gillian
	Box Blast	6:30pm - 7:30pm	▶▶	Ramon
	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	9:30am - 10:00am	▶▶/▶▶▶	Kirsty M
	PiYo	10:00am - 11:00am	▶▶/▶▶▶	Kirsty M

Class Descriptions can be found on page 14 & 15. 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
	NEW Hatton Boxing	10:00am - 11:00am	☹️ ▶/▶▶	♥️ Ricky
	ViPR	10:30am - 11:15am	☹️ ▶▶/▶▶▶	♥️ Colin
	Pilates	11:30am - 12:30pm	▶/▶▶	♥️ Jill
	Yoga	2:15pm - 3:15pm	▶/▶▶	♥️ Sue
	NEW BodyPump	6:15pm - 7:00pm	▶▶/▶▶▶	♥️ Judi
	NEW BodyBalance	7:15pm - 8:00pm	▶/▶▶	♥️ Judi
	MetaFit	7:30pm - 8:00pm	▶▶/▶▶▶	♥️ Eilidh
	Spin-Fit	8:15pm - 9:15pm	▶▶/▶▶▶	♥️ Eilidh
TUE	NEW Teen Fit Gym	7:30am - 8:30am		♥️ Richard
	Ballet Stretches	8:45am - 9:15am	▶/▶▶	♥️ Cristina
	BodyPump	9:15am - 10:00am	▶▶/▶▶▶	♥️ Vicky
	Body Conditioning	9:30am - 10:15am	☹️ ▶/▶▶	♥️ Joyce
	Abs Blast	10:00am - 10:30am	☹️ ▶▶	♥️ Vicky
	PiYo	10:30am - 11:15am	☹️ ▶▶/▶▶▶	♥️ Vicky
	Seats & Beats	1:30pm - 2:15pm	▶	♥️ Joyce
	Teen Fit Gym	4:30pm - 5:30pm		♥️ Richard
	MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶	♥️ Jane
	Aerotone	6:30pm - 7:30pm	▶▶	♥️ Gina
Spin-Fit	7:45pm - 8:30pm	▶▶/▶▶▶	♥️ Eilidh	
NEW Pilates	8:45pm - 9:45pm	▶/▶▶	♥️ Jill	
WED	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
	NEW MetaFit	5:30pm - 6:00pm	▶▶/▶▶▶	♥️ Jane
	Body Conditioning	6:15pm - 7:00pm	▶▶	♥️ Jane
	Spin-Fit	7:15pm - 8:15pm	▶▶/▶▶▶	♥️ Jane
	NEW Pilates	8:30pm - 9:30pm	▶▶/▶▶▶	♥️ Jill
	THU	NEW Teen Fit Gym	7:30am - 8:30am	
Ballet Stretches		8:45am - 9:15am	▶/▶▶	♥️ Cristina
Aqua-Fit Circuits		9:15am - 10:00am	☹️ ▶/▶▶	♥️ Joyce
MetaFit		9:15am - 9:45am	☹️ ▶▶/▶▶▶	♥️ Cristina
Kettlebells		9:45am - 10:15am	☹️ ▶▶	♥️ Cristina
Aqua-Fit		10:15am - 11:00am	☹️ ▶/▶▶	♥️ Cristina
Yoga		2:30pm - 3:30pm	▶/▶▶	♥️ Sue
NEW BodyPump		6:15pm - 7:00pm	▶▶/▶▶▶	♥️ Judi
NEW 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
	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
	NEW Hatton Boxing	6:15pm - 7:00pm	▶▶/▶▶▶	♥️ Ricky
	NEW Abs Blast	7:20pm - 7:50pm	▶▶	♥️ Ricky
SAT	MetaFit	9:00am - 9:30am	▶▶/▶▶▶	♥️ Jane
	Spin-Fit	9:30am - 10:30am	▶▶/▶▶▶	♥️ Ailsa
SUN	NEW Circuits	9:15am - 10:00am	▶▶	♥️ Cristina
	Ballet Stretches	10:00am - 10:45am	▶/▶▶	♥️ Cristina
	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.

CLASS DESCRIPTIONS

15/15/15

15 minutes of cardio, 15 minutes of conditioning and 15 minutes of abs. A full body workout in 45 minutes.

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.

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

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.

Resistance Bands

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

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.

Swiss Ball Workout

A strength and conditioning workout focusing on developing balance and toning core abdominal muscles by using Swiss Balls.

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.

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

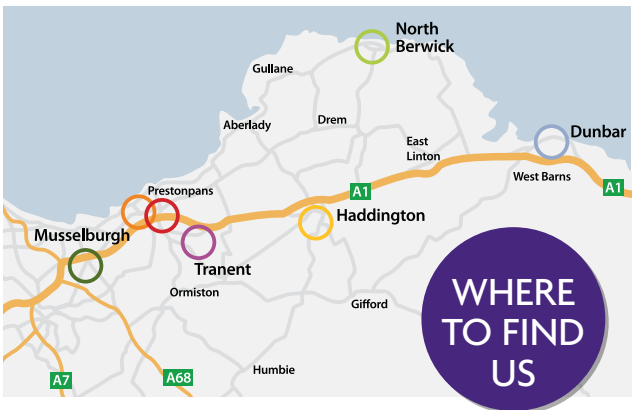
Musselburgh Sports Centre,
Musselburgh
☎ 0131 653 5208

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 



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