

1ST OCT - 24TH DEC 2018



FITNESS CLASS

TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9.15AM - 10.00AM	PIYO	VICTORIA HALLS	£4.80
	10.30AM - 11.15AM	TORQUE	GYM	£4.80
	12.30PM - 1.15PM	SUPER 60'S	VICTORIA HALLS	£3.30
	1.30PM - 2.15PM	AQUAFIT *	POOL	£4.80
	2.00PM - 3.00PM	STRENGTH & BALANCE	VICTORIA HALLS	£3.30
	6.00PM - 6.45PM	KETTLERCISE®	VICTORIA HALLS	£4.80
	7.00PM - 7.30PM	BOX HIIT <small>NEW</small>	VICTORIA HALLS	£4.80
TUESDAY	9.15AM - 10.00AM	LEGS, BUMS & TUMS	VICTORIA HALLS	£4.80
	10.30AM - 11.00AM	TORQUE EXPRESS	GYM	£4.80
	11.30AM - 12.30PM	EXERCISE REFERRAL	GYM	£3.30
	6.00PM - 6.45PM	TORQUE	GYM	£4.80
WEDNESDAY	9.15AM - 10.00AM	TORQUE	GYM	£4.80
	10.00AM - 10.45AM	AQUAFIT *	POOL	£4.80
	6.00PM - 6.30PM	TORQUE EXPRESS	GYM	£4.80
	6.45PM - 7.15PM	KETTLEBELL HIIT	VICTORIA HALLS	£4.80
	7.15PM - 7.45PM	CORE EXPRESS	VICTORIA HALLS	£4.80
THURSDAY	9.00AM - 9.30AM	LEGS, BUMS & TUMS HIIT	VICTORIA HALLS	£4.80
	10.00AM - 10.45AM	TORQUE	GYM	£4.80
	11.30AM - 12.30PM	EXERCISE REFERRAL	GYM	£4.80
	1.30PM - 2.15PM	AQUAFIT *	POOL	£4.80
	2.00PM - 3.00PM	STRENGTH & BALANCE	VICTORIA HALLS	£3.30
	6.00PM - 6.30PM	TORQUE EXPRESS <small>NEW</small>	GYM	£4.80
FRIDAY	9.30AM - 10.00AM	KETTLERCISE®	VICTORIA HALLS	£4.80
	10.45AM - 11.30AM	TORQUE	GYM	£4.80
	6.00PM - 6.30PM	HIIT	GYM	£4.80
SATURDAY	9.30AM - 10.30AM	BEST OF BOTH	GYM	£4.80

Timetable subject to change















BOOKING INFORMATION Please contact reception on **01436 672224** to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class. *Due to safety there is a maximum number of 30 allowed in the pool. No admittance will be given if the maximum has been achieved.

FITNESS SUITE HOURS: SEE OUR [WEBSITE](#) FOR OPENING HOURS



Scottish Incorporated Charitable Organisation No. SC047545

01436 672 224
Helensburgh Leisure Centre
 visit liveArgyll.co.uk

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES [†]
 TORQUE HIIT	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
 strength & BALANCE	Chair-based programme suitable for everyone to improve core strength and balance.	60 MINS	LOW	200 AVERAGE
 HIIT	Amazing high intensity cardiovascular & strength training workout.	30 MINS	HIGH	350 AVERAGE
 PiYO	Combines the benefits of Pilates with the strength and flexibility advantages of yoga.	45 MINS	LOW	350 AVERAGE
 KETTLERCISE	A fitness class that uses kettlebell training in a group atmosphere, working all muscles in a non-stop workout.	30/45 MINS	MODERATE	450 AVERAGE
 aquafit	Combines the natural resistance of water with many different exercises.	45 MINS	ANY	350 AVERAGE
 TORQUE EXPRESS HIIT	An intense cardio workout while still catering to participants of all fitness levels.	30 MINS	HIGH	350 AVERAGE
 LEGS, BUMS & TUNGS	Tighten and tone the legs, bum and stomach with a variety of exercises.	45 MINS	MODERATE	350 AVERAGE
 LEGS, BUMS & TUNGS HIIT	Quickly tighten and tone the legs, bum and stomach with this high intensity class.	30 MINS	HIGH	350 AVERAGE
 super60s	Low impact exercise to music class with a great social aspect.	45 MINS	LOW	315 AVERAGE
 BEST OF BOTH	The Best of Both class delivers two classes in one session. Cardio workout mixed in with Resistance Circuits.	45/60 MINS	MODERATE	450 AVERAGE
 BODYWEIGHT HIIT	30 minute High Intensity Interval Training set, designed to give an effective full body workout using short bursts of exercise.	30 MINS	HIGH	450 AVERAGE
 CORE EXPRESS	Strengthen the muscles in your pelvis, lower back, hips and abdomen to improve balance and stability.	30 MINS	ANY	315 AVERAGE
 BOX HIIT	Class using some boxing techniques in a high intensity circuit environment.	30 MINS	MODERATE/HIGH	350 AVERAGE

[†] The calorific burn rate of each class above is based on average results. Individual results may vary.

GET YOUR ALL FACILITY MEMBERSHIP **NOW!**

FROM ONLY

£40.65
PER MONTH

INCLUDES **FREE**
FITNESS CLASSES



 DIRECT Debit

Based on a single, adult membership paid monthly by direct debit. Other membership types are available. Please ask at reception.