

1ST JAN - 31ST MAR 2018



FITNESS CLASS

# TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	7:15 AM - 7:45 AM	TORQUE	GYMNASIUM	£4.80
	9:15 AM - 10:00 AM	PIYO	VICTORIA HALLS	£4.80
	10:30 AM - 11:15 AM	TORQUE	GYMNASIUM	£4.80
	12:30 PM - 13:15 PM	SUPER 60S	VICTORIA HALLS	£3.30
	1:30 PM - 2:15 PM	AQUAFIT*	POOL	£4.80
	2:00 PM - 3:00 PM	STRENGTH AND BALANCE	VICTORIA HALLS	£3.30
	6:00 PM - 6:45 PM	KETTLERCISE*	VICTORIA HALLS	£4.80
	6:30 PM - 7:00 PM	TORQUE EXPRESS	GYMNASIUM	£4.80
TUESDAY	9:15 AM - 10:00 AM	LEGS, BUMS AND TUMS	VICTORIA HALLS	£4.80
	10:30 AM - 11:00 AM	TORQUE EXPRESS	GYMNASIUM	£4.80
	11:30 AM - 12:30 PM	GP REFERRAL	GYMNASIUM	£3.30
	1:00 PM - 2:00 PM	CARDIAC REHAB	GYMNASIUM	£3.30
	6:00 PM - 6:45 PM	TORQUE	GYMNASIUM	£4.80
WEDNESDAY	10:00 AM - 10:45 AM	AQUAFIT*	POOL	£4.80
	10:30 AM - 11:15 AM	TORQUE	GYMNASIUM	£4.80
	12:00 PM - 1:00 PM	GP/MAINTENANCE CLASS	GYMNASIUM	£3.30
	6:00 PM - 6:30 PM	TORQUE EXPRESS	GYMNASIUM	£4.80
	6:45 PM - 7:30 PM	XTREME CIRCUITS	VICTORIA HALLS	£4.80
THURSDAY	9:00 AM - 9:30 AM	LEGS, BUMS AND TUMS HIIT	VICTORIA HALLS	£4.80
	10:00 AM - 10:45 AM	TORQUE	GYMNASIUM	£4.80
	11:30 AM - 12:30 PM	GP REFERRAL	GYMNASIUM	£3.30
	1:00 PM - 2:00 PM	CARDIAC REHAB	GYMNASIUM	£3.30
	1:30 PM - 2:15 PM	AQUAFIT*	POOL	£4.80
	2:00 PM - 3:00 PM	STRENGTH AND BALANCE	VICTORIA HALLS	£3.30
	6:00 PM - 6:45 PM	BEST OF BOTH	GYMNASIUM	£4.80
FRIDAY	9:30 AM - 10:00 AM	KETTLERCISE*	VICTORIA HALLS	£4.80
	10:45 AM - 11:30 AM	TORQUE	GYMNASIUM	£4.80
	1:30 PM - 2:30 PM	GP/MAINTENANCE CLASS	GYMNASIUM	£3.30
	6:00 PM - 6:30 PM	TORQUE	GYMNASIUM	£4.80
SATURDAY	9:30 AM - 10:30 AM	BEST OF BOTH	GYMNASIUM	£4.80












**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 MON 7AM - 8:45PM TUE 8AM - 8:45PM WED 7AM - 8:45PM THU 8AM - 8:45PM FRI 7AM - 8:45PM SAT 9AM - 3:45PM SUN 9AM - 3:45PM



Scottish Incorporated Charitable Organisation No. SC047545

**01436 672 224**  
 Helensburgh Leisure Centre  
 visit [liveArgyll.co.uk](http://liveArgyll.co.uk)

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES <sup>†</sup>
	Providing an intense cardio workout while still catering to participants of all fitness levels.	45 MINS	HIGH	450 AVERAGE
	Chair-based programme suitable for everyone to improve core strength and balance.	60 MINS	LOW	200 AVERAGE
	Combines traditional and non traditional bodyweight exercises with resistance training.	45 MINS	HIGH	550 AVERAGE
	Combines the benefits of Pilates with the strength and flexibility advantages of yoga.	45 MINS	LOW	350 AVERAGE
	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
	Combines the natural resistance of water with many different exercises.	45 MINS	ANY	350 AVERAGE
	An intense cardio workout while still catering to participants of all fitness levels.	30 MINS	HIGH	350 AVERAGE
	Tighten and tone the legs, bum and stomach with a variety of exercises.	45 MINS	MODERATE	350 AVERAGE
	Quickly tighten and tone the legs, bum and stomach with this high intensity class.	30 MINS	HIGH	350 AVERAGE
	Low impact exercise to music class with a great social aspect.	45 MINS	LOW	315 AVERAGE
	The Best of Both class delivers two classes in one session. Cardio workout mixed in with Resistance Circuits.	45/60 MINS	MODERATE	450 AVERAGE

<sup>†</sup> 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



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