

GROUP EXERCISE @ Pontypool ALC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am DanceFit (14yrs+)	6.30am Go Cycle (14yrs+)	6.30am Go Cycle (14yrs+)	6.30am Go Cycle (14yrs+)	9am DanceFit (14yrs+)	9am Zumba (14yrs+)	10am Go Cycle (14yrs+)
9am Aqua Aerobics (14yrs+)	9.15am Tai Chi (Adults)	9.30am Go Pump (Adults)	9.30am Gentle Exercise Circuits (Adults)	10am Go Kettles (Adults)	10am Go Cycle (14yrs+)	11am MOSSA Group Fight®
10.15am Gentle Exercise Circuits (Adults)	10am Yoga Fusion (Adults)	11am Pilates (Adults)	10.45am Aqua Aerobics (14yrs+)	11am Yoga Fusion (Adults)	10am MOSSA Group Core®	
11.30am Legs, Bums & Tums (14yrs+)	11am Zumba (14yrs+)	11.30am Slow & Low Gentle Exercise Circuits (Adults)	5pm Go Pump (Adults)	12.30pm Go Cycle (30min class) (14yrs+)	11am Go Pump (Adults)	
12.30pm Go4Life (Adults)	12noon Go Cycle (30min class) (14yrs+)	12noon Go Cycle (30min class) (14yrs+)	6pm Go Cycle (14yrs+)	1.30pm Aqua Aerobics (14yrs+)	Book via our Mobile App or call our Team: 01633 627100	
5pm Zumba (14yrs+)	5pm Go Step	5pm MOSSA Group Core®	6pm PoundFit (14yrs+)	6pm Go Cycle (14yrs+)		
6pm MOSSA Group Fight®	6pm Go Cycle (14yrs+)	6pm Go Pump (Adults)	7pm MOSSA Group Core®		NEW CLASSES!	
6pm Go Cycle (14yrs+)	6pm Go Pump (Adults)	6pm Go Tough			 	
7pm Pilates (Adults)		7pm Go Cycle (14yrs+)			Timetable active from 16th May 2022	

CLASS DESCRIPTIONS



Group Fight is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline -fuelled MMA movements from boxing ring to the fighting cage with cutting-edge exercises from outside the octagon.



Group Core gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances movement health. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight, plates, the step, and a towel.

GO eMPOWER

A womens only class located in the gym environment. The fitness instructor will take you through a gym based circuits class utilising the equipment and allows you to learn different techniques for strength and cardio training.

The aim of the class is to make you comfortable within the gym environment for future solo use!

GO REVIVE

A circuit based class focusing on H.I.I.T types of training. Utilising body weight and cardiovascular system. Straightforward moves to cover the whole body.

GO 4 LIFE

Gentle exercise focusing on mobility, muscle tone and wellbeing.
Low/moderate level.

GO CYCLE

Takes place on a stationary bike, as you pedal motivational music is played as the instructor talks you through a visualisation as if being outdoors, e.g. "you are going up a hill now, you can see the top". During the class, the pace varies, and the resistance also varies, but you control the levels that you work at.

GO KETTLES

Open to all fitness levels and is a kettlebell conditioning based workout. All workouts can be tailored from beginner level to advanced kettlebell movements. Workout will also include bodyweight, and circuit training skills. We strongly emphasise proper technique and skill.

GO TOUGH

A circuits based class with additional equipment such as tyres, water bottles and other industrial types of objects. High Intensity class with the aim to target all areas of the body.

GO PUMP

Body pump is a speedy way of shaping up and losing body fat. It is a strength training aerobics workout. Straightforward moves to cover the whole body. Lots of ways of progressing from beginners to experienced.

GO STEP

Using large muscle groups along to the music. The simple choreography that will involve high and low-intensity moves. Use of a box step to provide variation.

ZUMBA

A dance fitness class that is fun, energetic and will make you leave the class feeling amazing. 350-650 cals burning capacity.

POUNDFIT

A unique activity involving exercise sticks. Dance routine type of exercises with the use of drum sticks to hit to the beat.

CLASS DESCRIPTIONS

AQUA AEROBICS

Is exercises based around aerobic moves but in water? Music is used to set the pace and rhythm of the movements. In the water, the body becomes the piece of equipment. Various actions can increase water support or water resistance.

Both beginners and advanced benefit from the variety and effort and speed can be adjusted to each person's needs. Some equipment can be added to enhance water resistance or support.

YOGA FUSION

Yoga has a philosophical and spiritual focus, although yoga appears to be just a series of stretches, it's a holistic practice steeped in ancient Indian culture that unites the mind, body and spirit through exercise, breath and meditation.

- Iyengar yoga – restorative and slow focused on achieving correct alignment.
- Vinyasa yoga – quick and more aerobic focused on more vigorous and fast-paced moves.

Though styles differ, the formula is the same: Postures increase the body's overall performance and health, the breath floods the body with oxygen and flushes out toxins, and the meditation creates a sense of peaceful wellbeing. Creating a feeling of balance.

DANCE FIT

Simple, high intensity exercise to music, which is entirely optioned to cater for all fitness levels. It covers training moves for CV fitness along with upper body conditioning exercises while you can enjoy the beat of the music and have a good dance along.

PILATES

Formed by Joseph Pilates in the 1920's to rehabilitate prisoners of war. It is conditioning for the whole body, which can be done in a relatively small space (mat). It involves isolation exercises for each muscle group.

GENTLE EXERCISE

Great way to get back into exercise, slowly introducing you back to being active in a controlled environment.

LOW & SLOW GENTLE EXERCISE

Great way to get back into exercise, slowly introducing you back to being active in a controlled environment.

CARDIAC

This class is NERS Cardiac customers only. Focusing on recovery techniques through exercise to recover from a cardiac condition.

TAI CHI

Combines deep breathing and relaxation with slow and gentle movements.

**Book via our Mobile App or call our Team:
01633 627100**