

Abbey Sports Centre

Aerobics timetable



Our classes

Our aerobics programme includes traditional aerobics classes as well as classes in water and training sessions.

Legs, Bums and Tums

This class concentrates on toning up the lower half of your body and has no difficult exercises or routines.

Body Basics

This class concentrates on certain areas of your body using aerobic exercises to 'tone up', shift extra pounds and keep your heart healthy.

Aqua Aerobics

The resistance of the water helps make your heart and lungs stronger, tones your muscles and protects your joints and muscles from injuries. We set the class to music to make it fun.

Yoga

Yoga is an alternative way of exercising to improve the mind, body and spirit. Yoga improves your posture and breathing and makes you more flexible. It also releases stress and tension.

Hi/Lo Aerobics Mix

This class uses low impact and traditional exercises to help you burn off calories. Low impact means that your feet never leave the ground at the same time. This helps to reduce the pressure on your muscles.

Body Pump[®]

This energetic class is a low-impact workout that uses weights to tone your body and help you lose weight. It will eventually change the shape of your body.

Body Step[®]

This is a new version of the traditional step class. It is suitable for men and women of all ages and levels of fitness. You can choose how hard you work by raising or lowering the level of your step. We set it to music so that it is an enjoyable way to get fit.

Supplestrength

This class is a mixture of traditional yoga and pilates. It will make you stronger and more flexible. It is a safe and yet challenging workout.

Body Blitz

If you can't decide which class suits you, then choose this one. It is a mixture of aerobics, Total Body Conditioning and Legs, Burns and Turns. This class will give you an all-over workout.

BodyAttack®

This class is a mixture of energetic aerobics and exercises to improve your strength and stamina. We provide lively instructors and exciting music to motivate you. Follow the simple movements to burn off calories quickly.

Salsacise

This class uses salsa dance moves in a fun and energetic workout.

Yogalates

This class is a mix of traditional yoga and pilates. It helps with balance, posture and builds muscle strength.

Starting exercise

Apart from the advanced classes, all our classes are suitable for both beginners and more experienced people. If you are new to exercise, it is always best to check with your GP before you start a new activity.

If you have a medical condition, recent injury or if you are pregnant, please tell your instructor before the class starts. They will be able to suggest other exercises that are suitable for you.

What to wear

We suggest you wear loose clothing such as a T-shirt and shorts or tracksuit bottoms. Please make sure you wear trainers that are suitable for the activity you are doing.

Your instructors

All of our instructors are fully qualified and have an RSA Exercise to Music certificate, or the equivalent. Some of our instructors have extra qualifications so they can teach elderly people and women both during and after pregnancy. Our instructors regularly go to training sessions to make sure standards stay high.

If you have a special condition that you are worried about, please ask one of our staff or your instructor, who will pass you to a suitable instructor.



Timetable

Monday

Aqua Aerobics	12.45 to 1.30pm
Body Pump	6pm to 7pm
Legs, Bums and Tums	7pm to 8pm

Tuesday

Yoga	12.15 to 1pm
Hi/Lo Aerobics	7pm to 8pm
Body Step	8pm to 9pm

Wednesday

Legs, Bums and Tums	12.15 to 1pm
Body Step	7pm to 8pm
Supplestrength	8pm to 9pm

Thursday

Body Blitz	10am to 11am
(Ladies morning – gym induction required)	
Aqua Aerobics	6pm to 7pm
BodyAttack®	7pm to 8pm
Body Pump	8pm to 9pm

Friday

Salsacise	12.15 to 1pm
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Saturday

Body Step	9.30 to 10.30am
Body Pump	10.30 to 11.30am

Sunday

BodyAttack®	10.30 to 11.30am
Yogalates	11.30 to 12.30pm

Wood Lane Sports Centre

Wood Lane
Dagenham, RM8 1JX
Phone: 020 8270 6880

Abbey Sports Centre

Axe Street
Barking
IG11 7NA
Phone: 020 8270 6800

Dagenham Swimming Pool

Althorne Way
Dagenham, RM10 7AY
Phone: 020 8270 6600

Goresbrook Leisure Centre

Ripple Road
Dagenham
RM9 6XW
Phone: 020 8227 3976