

ADULT FITNESS CLASSES

50+ Aerobics

Our qualified instructors will lead you through a complete body workout where age is no barrier and suitable for all levels of ability. New participants always welcome.

Aqua-Fit

Why not try an Aerobics Class, only this time in the swimming pool. Classes include various water based exercises to tone and firm the body using the supportive qualities of water.

Body Balance

Body Balance is a dynamic Yoga-based stretch programme that leaves you feeling relaxed and renewed.

Body Balance combines the fundamental principles and practices of Yoga and Pilates, such as controlled breathing, concentration, flexibility and strength training to create a workout that brings the body, mind and soul into a state of balance and harmony.

Body Balance invigorates and tones, releasing tight, tense muscles, leaving you in a state of energised calm. Body Balance promotes good health, is a natural remedy to stress and is great fun!

Aerobics

Enjoy a complete body workout, using a variety of techniques from strength and conditioning to dance in classes suitable for all levels of ability.

50+ Activities

If you are young at heart, then age is no barrier as we have a varied range of activities on offer, with something to suit everyone. Classes include Badminton, Bowls and Table Tennis.

Body Jam

Body Jam is a great new dance workout. With the emphasis as much on having fun as breaking a sweat, Body Jam is an addictive fusion of dance and aerobic moves. The blend includes the latest sounds of hip-hop, funk and Latin music, together with the coolest dance sounds currently topping the charts. Body Jam adds new meaning to the concept of having fun while getting fit.

Body Combat

Body Combat combines moves and stances developed from a range of self-defence disciplines including Karate, kickboxing, Tai Chi and Tae Kwon-do, into a take-no-prisoners, adrenaline-pumping routine. It is a fast, athletic workout that will have you 'fighting fit' in record time!

Studio Cycling (RPM)

Studio cycling at its best providing you with a complete workout in just 45 minutes, led by our qualified instructors, you will find yourself pedalling to the beats of the latest music, giving you great all over body tone.

Deep Water Aqua-Fit

This exciting adaptation of Aqua fit takes it to another level, Supported by a flotation belt in deep water you can move to the beat of the music and get a great workout without any strain on knees and ankles.

Deep Water aqua-fit is great if you're recovering from injury or if you want to step up the intensity of your aqua-fit exercises.

Zumba

A Zumba Fitness Class is a fun filled, dance party! The class is filled with different rhythms and routines. Allowing you to become familiar with the moves each week, in a fun, party atmosphere. It's an amazing energy and mood booster and you can't help but smile from start to finish.

Leisureactive Tel: 01382 432316

Web site www.leisure-active.com

E mail leisureactive@leisureandculturedundee.com

leisureandculturedundee.com

Olympia Tel: 01382 432300

Olympia Fitness Team Tel: 01382 432302

Lochee Swim Centre Tel: 01382 431840

Dundee International Sports Complex
Tel: 01382 438804

Douglas Sports Centre Tel: 01382 436911

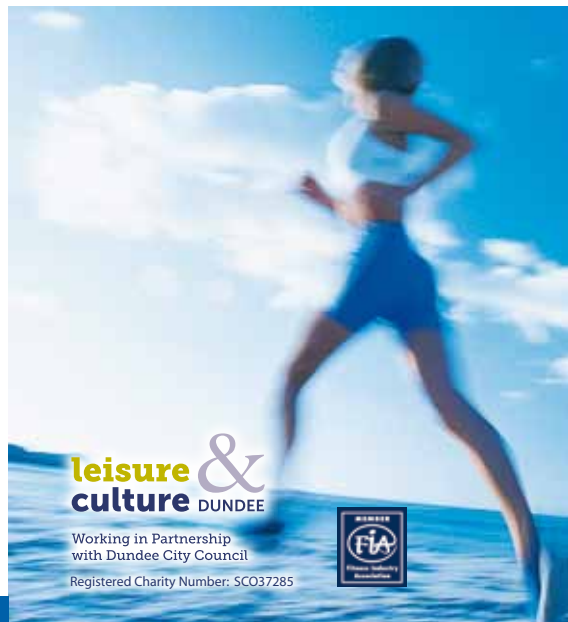
Lynch Sports Centre Tel: 01382 431828

Grove Swim and Sport Tel: 01382 436883

St Paul's Swim and Sport Tel: 01382 307760

Leisure and Culture Web Site
www.leisureandculturedundee.com

leisureactive FITNESS CLASSES



leisure &
culture DUNDEE

Working in Partnership
with Dundee City Council

Registered Charity Number: SCO37285



SWIM & SPORT CENTRES – ACTIVITY CLASSES



COSTS STANDARD £4.80

CONCESSION £3.70

ADMISSION TO ALL CLASSES INCLUDED WITHIN A PLATINUM LEISUREACTIVE MEMBERSHIP

MONDAY

Zumba	Douglas	10.00am to 11.00am
50+ Aerobics	Lochee	10.00am to 11.00am
Aqua-Fit	Olympia	11.15am to 12noon
BodyBalance	Olympia	12.15pm to 1.00pm
Aerobics	DISC	6.00pm to 7.00pm
BodyBalance	Douglas	6.00pm to 7.00pm
Zumba	St. Paul's	6.45pm to 7.45pm (FREE Swim from 8pm)

TUESDAY

50+ Activities	Douglas	10.15am to 11.45am
BodyBalance	Olympia	12.00noon to 12.45pm
BodyBalance	Olympia	5.40pm to 6.25pm
BodyCombat	DISC	6.00pm to 7.00pm
RPM	Douglas	6.00pm to 7.00pm
RPM	Douglas	7.00pm to 8.00pm
Deep Water		
Aqua-Fit	Olympia	7.00pm to 7.45pm
Zumba	Grove	7.00pm to 8.00pm (FREE Swim from 8pm)

Zumba	St. Paul's	7.30pm to 8.30pm (FREE Swim from 8.30pm)
Deep Water		
Aqua-Fit	Olympia	8.00pm to 8.45pm

WEDNESDAY

Zumba	Lynch	10.00am to 11.00am
50+ Aerobics	Lochee	10.15am to 11.15am
Aqua-Fit	Olympia	11.00am to 11.45am
BodyCombat	DISC	6.00pm to 7.00pm
Deep Water		
Aqua-Fit	Olympia	6.00pm to 6.45pm
Zumba	Grove	6.15pm to 7.15pm
Deep Water		
Aqua-Fit	Olympia	7.00pm to 7.45pm
Zumba	Grove	7.30pm to 8.30pm (FREE Swim from 8.30pm)
Zumba	St. Paul's	7.30pm to 8.30pm (FREE Swim from 8.30pm)

THURSDAY

Aqua-Fit	Olympia	11.15am to 12noon
BodyBalance	Olympia	12.00noon to 12.45pm
BodyBalance	Olympia	5.40pm to 6.25pm
Aerobics	Douglas	6.00pm to 7.00pm
Zumba	Grove	7.00pm to 8.00pm (FREE Swim from 8pm)
Deep Water		
Aqua-Fit	Olympia	7.00pm to 7.45pm
Deep Water		
Aqua-Fit	Olympia	8.00pm to 8.45pm

FRIDAY

50+ Aerobics	Olympia	9.30am to 10.15am
Aqua-Fit	Lochee	1.30pm to 2.15pm
BodyBalance	Olympia	5.45pm to 6.45pm
Zumba	DISC	6.00pm to 7.00pm
RPM	Douglas	6.00pm to 7.00pm

SUNDAY

BodyCombat	DISC	6.00pm to 7.00pm
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