

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.

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.

AquaZumba

Heat up the pool party. Jump into the Latin-inspired, easy to follow calorie-burning, dance fitness-party that makes working out a splash.

Body Combat

Body Combat combines moves and stances developed from a range of self-defence disciplines including Karate, kickboxing, Tai Chi and Tae Kwondo, 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

Leisure and Culture Dundee

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

Classes marked with * are also available to Diamond, Silver and Gold membership types

Scottish Charitable Incorporated Organisation No. SC042421.

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leisureactive FITNESS CLASSES



leisure &
culture DUNDEE



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
AquaZumba	Lochee	1.30pm to 2.15pm
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)
Aqua Natal	Lochee	8.00pm to 9.00pm

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

TUESDAY cont.

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)

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	St. Paul's	7.30pm to 8.30pm (FREE Swim from 8.30pm)
AquaZumba	Olympia	8.00pm to 8.45pm

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
AquaZumba	Olympia	8.00pm to 8.45pm

FRIDAY

50+ Aerobics *	Olympia	9.30am to 10.15am
Aqua-Fit *	Lochee	12.30pm to 1.15pm
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
RPM	Douglas	6.00pm to 7.00pm