

# Live well... and feel well

Sunderland Leisure and Wellness Centres

## Class Programme

January 2013



Wellness exercise classes are an excellent way to achieve the results you are looking for. They are all designed to keep you motivated while you burn fat, lose weight and tone up, helping you to feel good and improve your posture and fitness.

### Class bookings

Please note all wellness exercise classes are 50 minutes in duration and are designed for people 16 years of age and above, unless otherwise stated within the individual centre programmes.

Wellness package members can book up to two weeks in advance, if you are unable to make your booking please contact the centre to cancel so another member can benefit from the vacant space.

Life Card members can have one credit booking in any 14 day period and/or two pre paid bookings in any 14 day period. If you are unable to make your booking please contact the centre to cancel so another member can benefit from the vacant space (Please note – if you don't cancel a pre-booked space two hours before the booking then you will be charged for the full cost of the class).

### Programme changes

Whilst we make every effort to ensure our classes run as advertised there are times when we need to cancel or change a class. We will endeavour to give as much notice as possible, however customers are advised to check for cancellations displayed in reception and (time permitting) on the website.

### Late entry

Please allow enough time to book in, so classes can start on time. The warm up is a vital part of the class structure and entry will not be permitted after the class has started.

### (FF) – Fitness Factors

Classes marked with a (FF) are part of the centres multi activity Fitness Factor sessions and are included with other activities. For further details please contact the individual centres.

## Contents

	Page
Class descriptions	3-5
Sunderland Aquatic Centre	6-7
Silksworth Community Pool, Tennis & Wellness Centre	8-9
Washington Leisure Centre	10-11
Houghton Sports Centre	12
Hetton Community Pool & Wellness Centre	13
Seaburn Centre	14
Bunny Hill Wellness Centre	15

## Class descriptions

### Aerobics

A challenging workout with a combination of high and low impact moves to improve general fitness and co-ordination.

### Aerotone

Aerotone is a combination of choreographed movements and toning exercises using body weight or resistance equipment, set to motivational music in a fun environment. This class provides an effective way to burn fat and calories and change your body shape as well as increase your fitness levels.

### Aquafit

Using the resistance and buoyancy of the water, this is a fun aerobic and body conditioning workout suitable for adults of all ages and abilities. No swimming ability is required for this class.

### Aquanatal

Using the resistance of the water, this is a fun aerobic and body conditioning workout for pregnant women of all fitness levels throughout their pregnancy. This class is instructor led by our own Wellness specialist exercise practitioner. No swimming ability is required for this class.

### Bokwa Fitness

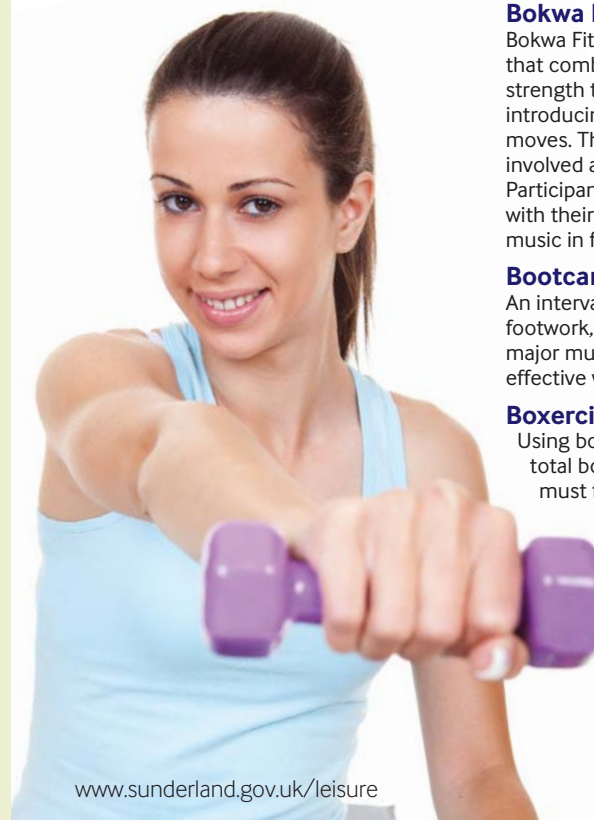
Bokwa Fitness is an exercise dance class that combines cardio conditioning, strength training and flexibility by introducing African dance with boxing moves. There is no choreography involved and no counting steps. Participants draw letters and numbers with their feet, while moving together to music in free form rhythm.

### Bootcamp

An interval training class with no fancy footwork, just exercises that work all major muscles to give you a very effective workout.

### Boxercise

Using boxing moves and exercises this total body conditioning class is a must for people who want no choreography just fun training. Working all major muscle groups it is a great calorie burner and stress buster.



### Cardio Cycling

Static indoor cycling to music. Participants can work to their own level by adjusting the resistance on the bike. This instructor led class is fun from start to finish and will leave you feeling energetic and toned.

### Circuits

This high intensity workout combines cardiovascular exercise with resistance work, there is no complex choreography, its just hard work from start to finish, although you can choose your own intensity level to work at.

### Combat Aerobics

A challenging aerobic workout incorporating punches and kicks. Guaranteed stress relief!

### NEW CLASS FOR 2013

#### Easy Line Energy – A total body workout that's low on impact but high on results.

A beginner / intermediate circuit class using the "Easy Line" equipment along with additional cardiovascular and resistance exercises. The class is held in a friendly and informal atmosphere and is perfect for those interested in weight loss and those who want to increase their muscle tone by utilising a circuit of exercise stations and machines that work all parts of your body. The equipment is hydraulic and resistance-based and is suitable for all people to use, regardless of their strength or ability. This class is a safe, effective, fun and simple instructor led workout.

### Fit For Fun

Exercise classes for children and young people aged 5 to 15 years old with the main element being FUN! All activities and exercises are suitable for the age group stated.

### NEW CLASS FOR 2013

#### Insanity Boot Camp Circuits

Don't be scared by the name, Insanity Boot Camp Circuit is a fun way to lose weight, tone the body, increase your stamina and strengthen your core. Insanity Boot Camp Circuit sessions work your entire body with cardio, lower body, upper body and core exercises. This class is appropriate for all fitness levels as you go at your own pace and the exercises are modified for each individual, even those just starting out on an exercise program. This personalised attention makes everyone feel empowered and enabled, keeps everyone safe and motivated.

### Legs, Bums & Tums

A great class to tone those areas you want to target the most. The class consists of aerobics to warm up then exercises to tone the lower body and stomach. This class is ideal for all levels of fitness.

### Mums In The Pool

A structured water-based exercise class for mums and babies up to 12 months old. "Mums In The Pool" is also a social event and a great way to meet new mums. Baby floats are available (limited number) or mums can bring their own. No swimming ability is required for this class.

### Pilates

A relaxing yet physically challenging class which targets the core muscles of the stomach and back. It concentrates on body alignment, posture and breathing.

### Step Aerobics / Step

An aerobic workout using a step. It challenges the heart, lungs and coordination whilst toning the lower body.

### Studio Resistance

The ultimate resistance class using barbells, free weights and resistance bands to tone and condition your whole body. This fantastic non impact class is perfect for you to get into shape and achieve those goals you always wanted.

### Tai Chi

A Chinese martial art and system of exercise characterised by a series of slow body movements, Tai Chi helps to balance the energy of the body and mind and can improve balance and posture.

### Yoga

A great way to relax and unwind, improve flexibility and strength. An ideal class to complement any aerobic and resistance workout.

### Zumba Fitness

Zumba Fitness combines cardio conditioning and resistance training by incorporating dance and aerobic moves from all over the world including hip-hop, samba, salsa, bollywood and belly dancing. The class combines fitness and fun, using almost every muscle of the body as you shimmy, shake and stomp your way to fitness.

### Zumba Gold

Zumba Gold uses the same great Zumba formula, we add a longer warm up and cool down to allow participants a program that improves balance, flexibility and cardiovascular strength. Zumba Gold provides an appropriate workout for those just beginning a fitness program.

## Sunderland Aquatic Centre

Stadium Park, Sunderland SR5 1SU Tel: 0191 561 6161

Monday	Class	Location
6.30am - 7.30am	<b>Insanity Boot Camp Circuits</b>	Outdoor / Studio 1
9.30am - 10.20am	<b>Aquafit</b>	Main Pool
10am - 10.50am	<b>Cardio Cycling</b>	Cycle Zone
11am - 11.50am	<b>Easy Line Energy</b>	Studio 2
1.30pm - 2.15pm	<b>Mums In The Pool</b>	Main Pool
6pm - 6.50pm	<b>Cardio Cycling</b>	Cycle Zone
6pm - 6.50pm	<b>Boxercise</b>	Studio 1
7pm - 7.50pm	<b>Cardio Cycling</b>	Cycle Zone
7pm - 7.50pm	<b>Combat Aerobics</b>	Studio 1

Tuesday	Class	Location
7am - 7.50am	<b>Cardio Cycling</b>	Cycle Zone
10am - 10.50am	<b>Aquafit</b>	Main Pool
11am - 11.50am	<b>Pilates</b>	Studio 1
5.30pm - 6.20pm	<b>Studio Resistance</b>	Studio 1
5.45pm - 6.15pm	<b>Cardio Cycling</b>	Cycle Zone
6.15pm - 7.05pm	<b>Cardio Cycling</b>	Cycle Zone
6.30pm - 7.20pm	<b>Circuits</b>	Studio 1
6.45pm - 7.35pm	<b>Aquafit</b>	Diving Pool
7.30pm - 8.20pm	<b>Pilates</b>	Studio 1

Wednesday	Class	Location
6.30am - 7.30am	<b>Insanity Boot Camp Circuits</b>	Outdoor / Studio 1
10am - 10.50am	<b>Yoga</b>	Studio 1
11am - 11.50am	<b>Easy Line Energy</b>	Studio 2
5.30pm - 6.20pm	<b>Legs, Bums &amp; Tums</b>	Studio 1
6pm - 6.50pm	<b>Cardio Cycling</b>	Cycle Zone
6.30pm - 7.20pm	<b>Body Conditioning</b>	Studio 1
7pm - 7.50pm	<b>Cardio Cycling</b>	Cycle Zone
7.30pm - 8.20pm	<b>Bokwa Fitness</b>	Studio 1
8pm - 8.50pm	<b>Aquafit</b>	Diving Pool

Thursday	Class	Location
7am - 7.50am	<b>Cardio Cycling</b>	Cycle Zone
10am - 10.50am	<b>Studio Resistance</b>	Studio 1
11am - 11.50am	<b>Zumba Fitness</b>	Studio 1
2pm - 2.50pm	<b>Aquafit</b>	Main Pool
5.45pm - 6.35pm	<b>Boxercise</b>	Studio 1
6pm - 6.50pm	<b>Cardio Cycling</b>	Cycle Zone
6.45pm - 7.35pm	<b>Legs, Bums &amp; Tums</b>	Studio 1
6.45pm - 7.35pm	<b>Aquafit</b>	Diving Pool
7pm - 7.50pm	<b>Cardio Cycling</b>	Cycle Zone

Friday	Class	Location
7am - 7.50am	<b>Cardio Cycling</b>	Cycle Zone
9.30am - 10.20am	<b>Pilates</b>	Studio 1
10.30am - 11.20am	<b>Cardio Cycling</b>	Cycle Zone
11.30am - 12.20pm	<b>Aquafit</b>	Main Pool
5.30pm - 6.20pm	<b>Cardio Cycling</b>	Cycle Zone
5.45pm - 6.35pm	<b>Circuits</b>	Studio 1
6.30pm - 7.20pm	<b>Aquafit</b>	Diving Pool

Saturday	Class	Location
9am - 9.50am	<b>Insanity Boot Camp Circuits</b>	Outdoor / Studio 1
10am - 10.50am	<b>Cardio Cycling</b>	Cycle Zone

Sunday	Class	Location
8am - 8.50am	<b>Aquafit</b>	Main Pool
9.30am - 10.20am	<b>Cardio Cycling</b>	Cycle Zone
4pm - 4.50pm	<b>Cardio Cycling</b>	Cycle Zone
5pm - 5.50pm	<b>Cardio Cycling</b>	Cycle Zone
6pm - 6.50pm	<b>Aquafit</b>	Main Pool

## Silksworth Community Pool, Tennis & Wellness Centre

Silksworth Lane, Sunderland SR3 1PD Tel: 0191 561 5901

Monday	Class	Location
10am - 11.30am	<b>Yoga</b>	Aerobics Studio
6.10pm - 7pm	<b>Circuits</b>	Aerobics Studio
6.30pm - 7.20pm	<b>Tai Chi (Beginners)</b>	Seminar Suite
7.10pm - 8pm	<b>Aerobics</b>	Aerobics Studio
7.30pm - 8.20pm	<b>Tai Chi (Advanced)</b>	Seminar Suite
8.10pm - 9pm	<b>Studio Resistance</b>	Aerobics Studio
8.10pm - 9pm	<b>Aquafit</b>	Pool

Tuesday	Class	Location
9.45am - 10.30am	<b>Aerobics (FF)</b>	Aerobics Studio
10.45am - 11.30am	<b>Studio Resistance (FF)</b>	Aerobics Studio
12.10pm - 1pm	<b>Legs, Bums &amp; Tums</b>	Aerobics Studio
6.10pm - 7pm	<b>Boxercise</b>	Aerobics Studio
7.10pm - 8pm	<b>Combat Aerobics</b>	Aerobics Studio
8.10pm - 9pm	<b>Pilates</b>	Aerobics Studio

Wednesday	Class	Location
9.45am - 10.30am	<b>Step (FF)</b>	Aerobics Studio
10.45am - 11.30am	<b>Studio Resistance (FF)</b>	Aerobics Studio
6.10pm - 7pm	<b>Aerobics</b>	Aerobics Studio
6.30pm - 7.20pm	<b>Pilates</b>	Seminar Suite
7.10pm - 8pm	<b>Legs, Bums &amp; Tums</b>	Aerobics Studio
8.10pm - 9pm	<b>Studio Resistance</b>	Aerobics Studio
8.10pm - 9pm	<b>Aquafit</b>	Pool

Thursday	Class	Location
9.45am - 10.30am	<b>Aerobics (FF)</b>	Aerobics Studio
10.45am - 11.30am	<b>Legs, Bums &amp; Tums (FF)</b>	Aerobics Studio
12noon - 12.50pm	<b>Aquafit</b>	Pool
6.10pm - 7pm	<b>Studio Resistance</b>	Aerobics Studio
7.10pm - 8pm	<b>Step</b>	Aerobics Studio
8.10pm - 9.00pm	<b>Legs, Bums &amp; Tums</b>	Aerobics Studio

Friday	Class	Location
9.15am - 10am	<b>Aquanatal</b>	Pool
11am - 11.50am	<b>Step</b>	Aerobics Studio
12noon - 12.50pm	<b>Pilates</b>	Aerobics Studio
1pm - 1.50pm	<b>Aquafit</b>	Pool
6.10pm - 7pm	<b>Circuits</b>	Aerobics Studio

Saturday	Class	Location
9.15am - 10.05am	<b>Fit for Fun (5-9 yrs)</b>	Aerobics Studio
10.15am - 11.05am	<b>Fit for Fun (10-15 yrs)</b>	Aerobics Studio
2.10pm - 3pm	<b>Studio Resistance</b>	Aerobics Studio
3.10pm - 4pm	<b>Aerobics</b>	Aerobics Studio

Sunday	Class	Location
10.10am - 11am	<b>Aerobics</b>	Aerobics Studio
11.10am - 12noon	<b>Pilates</b>	Aerobics Studio

## Washington Leisure Centre

Town Centre, Washington NE38 7SS Tel: 0191 219 3400

Monday	Class	Location
10am - 10.50am	<b>Cardio Cycling</b>	Exercise Studio
5.30pm - 6.20pm	<b>Aerotone</b>	Exercise Studio
6pm - 6.50pm	<b>Circuits</b>	Main Hall
6.30pm - 7.20pm	<b>Cardio Cycling</b>	Exercise Studio
7.30pm - 8.20pm	<b>Aquafit</b>	Main Pool

Tuesday	Class	Location
11am - 11.50am	<b>Aquafit</b>	Main Pool
5.30pm - 6.20pm	<b>Boxercise</b>	Exercise Studio
6pm - 6.50pm	<b>Yoga</b>	Conference Room
6.30pm - 7.20pm	<b>Boot Camp</b>	Exercise Studio
7pm - 7.50pm	<b>Yoga</b>	Conference Room
7.30pm - 8.20pm	<b>Cardio Cycling</b>	Exercise Studio

Wednesday	Class	Location
6pm - 6.50pm	<b>Circuits</b>	Main Hall
6.30pm - 7.20pm	<b>Yoga</b>	Exercise Studio
7.30pm - 8.20pm	<b>Aquafit</b>	Main Pool
7.40pm - 8.30pm	<b>Cardio Cycling</b>	Exercise Studio

Thursday	Class	Location
10am - 10.50am	<b>Cardio Cycling</b>	Exercise Studio
11am - 11.50am	<b>Aquafit</b>	Main Pool
5.30pm - 6.20pm	<b>Cardio Cycling</b>	Exercise Studio
6.30pm - 7.20pm	<b>Studio Resistance</b>	Exercise Studio

Friday	Class	Location
9.30am - 10.20am	<b>Cardio Cycling</b>	Exercise Studio
5.30pm - 6.20pm	<b>Cardio Cycling</b>	Exercise Studio

Saturday	Class	Location
10am - 10.50am	<b>Cardio Cycling</b>	Exercise Studio

Sunday	Class	Location
10am - 10.50am	<b>Cardio Cycling</b>	Exercise Studio
5pm - 5.50pm	<b>Zumba Fitness</b>	Exercise Studio
6pm - 6.50pm	<b>Aquafit</b>	Main Pool



## Houghton Sports Centre

Station Road, Houghton le Spring DH4 5AH Tel: 0191 553 6465

Monday	Class	Location
10am - 10.50am	<b>Legs, Bums and Tums</b>	Welfare Hall
5.30pm - 6.20pm	<b>Boxercise</b>	Welfare Hall

Tuesday	Class	Location
9.30am - 10.20am	<b>Boxercise</b>	Welfare Hall
6pm - 6.50pm	<b>Pilates</b>	Welfare Hall

Wednesday	Class	Location
9.30am - 10.20am	<b>Legs, Bums and Tums</b>	Welfare Hall
11am - 11.50am	<b>Zumba Fitness</b>	Welfare Hall
6pm - 6.50pm	<b>Legs, Bums and Tums</b>	Welfare Hall
7pm - 7.50pm	<b>Circuits</b>	Welfare Hall

Thursday	Class	Location
9.30am - 10.20am	<b>Pilates</b>	Dance Studio
5.30pm - 6.20pm	<b>Zumba Fitness</b>	Welfare Hall
6.30pm - 7.20pm	<b>Yoga</b>	Dance Studio

Friday	Class	Location
9.30am - 10.20am	<b>Circuits</b>	Welfare Hall
5.30pm - 6.20pm	<b>Pilates</b>	Dance Studio

Sunday	Class	Location
10am - 10.50am	<b>Circuits</b>	Welfare Hall

## Hetton Community Pool & Wellness Centre

Barnard Park, Hetton Le Hole, DH5 9LZ Tel: 0191 561 6683

Monday	Class	Location
9.30am - 10.20am	<b>Aquafit</b>	Main Pool
10.40am - 11.30am	<b>Zumba Gold</b>	Multi-Use Room
6pm - 6.50pm	<b>Aerobics</b>	Multi-Use Room
7pm - 7.50pm	<b>Studio Resistance</b>	Multi-Use Room

Tuesday	Class	Location
6pm - 6.50pm	<b>Step Aerobics</b>	Multi-Use Room
7pm - 7.50pm	<b>Boxercise</b>	Multi-Use Room
8pm - 8.50pm	<b>Aquafit</b>	Main Pool

Wednesday	Class	Location
9.40am - 10.30am	<b>Aerobics</b>	Multi-Use Room
6pm - 6.50pm	<b>Legs, Bums &amp; Tums</b>	Multi-Use Room
7pm - 7.50pm	<b>Dance Aerobics</b>	Multi-Use Room

Thursday	Class	Location
10.40am - 11.30am	<b>Legs, Bums &amp; Tums</b>	Multi-Use Room
6pm - 6.50pm	<b>Circuits</b>	Multi-Use Room
7pm - 7.50pm	<b>Pilates</b>	Multi-Use Room
7pm - 7.50pm	<b>Aquafit</b>	Main Pool

Friday	Class	Location
10am - 10.50am	<b>Aquafit</b>	Main Pool
1.30pm - 2.15pm	<b>Mums In The Pool</b>	Main Pool
6pm - 6.50pm	<b>Yoga</b>	Multi-Use Room

Sunday	Class	Location
10am - 10.50am	<b>Pilates</b>	Multi-Use Room
11am - 11.50am	<b>Zumba Fitness</b>	Multi-Use Room

## Seaburn Centre

Whitburn Road, Sunderland SR6 8AA Tel: 0191 529 3800

Monday	Class	Location
6pm - 6.50pm	<b>Studio Resistance</b>	Exercise Studio
7pm - 7.50pm	<b>Legs, Bums &amp; Tums</b>	Exercise Studio

Tuesday	Class	Location
1.30pm - 4pm	<b>Multi Activities (FF)</b>	Main Hall/Exercise Studio
6pm - 6.50pm	<b>Zumba Fitness</b>	Exercise Studio
7pm - 7.50pm	<b>Legs, Bums &amp; Tums</b>	Exercise Studio

Wednesday	Class	Location
6pm - 6.50pm	<b>Circuits</b>	Exercise Studio
7pm - 7.50pm	<b>Pilates</b>	Exercise Studio

Thursday	Class	Location
5.30pm - 6.20pm	<b>Studio Resistance</b>	Exercise Studio
6.30pm - 7.20pm	<b>Combat Aerobics</b>	Exercise Studio

Saturday	Class	Location
10am - 10.50am	<b>Studio Resistance</b>	Exercise Studio
11am - 11.50am	<b>Combat Aerobics</b>	Exercise Studio

Sunday	Class	Location
10am - 10.50am	<b>Pilates</b>	Exercise Studio

## Bunny Hill Wellness Centre

Hylton Lane, Sunderland SR5 4BW Tel: 0191 561 8154

Monday	Class	Location
6pm - 6.50pm	<b>Legs, Bums &amp; Tums</b>	Community Hall
7pm - 7.50pm	<b>Bootcamp</b>	Community Hall

Wednesday	Class	Location
6pm - 6.50pm	<b>Legs, Bums &amp; Tums</b>	Community Hall
7pm - 7.50pm	<b>Boxercise</b>	Community Hall

Thursday	Class	Location
6.10pm - 7pm	<b>Zumba Fitness</b>	Community Hall
7.10pm - 8pm	<b>Pilates</b>	Community Hall

Saturday	Class	Location
9.30am - 10.20am	<b>Circuits</b>	Community Hall
10.30am - 11.20am	<b>Pilates</b>	Community Hall





Brought to you by   
**Sunderland**  
City Council

If you require a copy of this leaflet in large text, Braille, audio format or an alternative language, please telephone the Communications Team on 0191 520 5505 or email [communications@qsunderland.gov.uk](mailto:communications@qsunderland.gov.uk)

**[www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)**

Published December 2012. As part of Sunderland's commitment to creating a balanced and sustainable future, this leaflet is printed on 75% post-consumer waste recycled paper. When you have finished with it, please recycle in your kerb-it box or nearest paper bank.

**All information is correct at time of going to print but may be subject to change, alteration or cancellation.**