

Olympia Activity Room

Monday

Deck of Cards Strength ^{LA}	07.00 - 07.45	●
Low Impact Aerobics ★	10.00 - 10.45	●
LBT	11.15 - 12.00	●
Deck of Cards Strength	12.15 - 13.00	●
Yoga	16.15 - 17.15	●
Body Pump	17.25 - 18.25	●
GRIT	18.30 - 19.00	●
Body Jam	19.00 - 19.45	●
GRIT	20.00 - 20.30	●

Tuesday

Morning Circuits ^{LA}	07.00 - 07.45	●
Circuits ★	10.00 - 11.00	●
Fitness Yoga	11.00 - 12.00	●
GRIT	12.00 - 12.30	●
Body Balance	17.30 - 18.15	●
GRIT	18.15 - 19.45	●
Body Pump	19.00 - 20.00	●
Body Combat	20.00 - 20.45	●

Wednesday

Body Pump ^{LA}	06.45 - 07.45	●
Gentle Circuits ★	08.45 - 09.45	●
Low Impact Aerobics ★	10.00 - 10.45	●
Zumba ★	10.45 - 11.30	●
P90X	11.30 - 12.00	●
LBT	12.00 - 12.45	●
Body Attack	17.30 - 18.20	●
Pilates	18.30 - 19.30	●
Body Jam	19.30 - 20.15	●
CXWORX	20.15 - 20.45	●

Thursday

Stretch at Sunrise ^{LA}	06.45 - 07.30	●
Pilates	09.15 - 10.00	●
Low Impact Aerobics ★	10.00 - 10.45	●
Body Pump	11.00 - 12.00	●
Tabata	12.00 - 12.45	●
GRIT ^{NEW CLASS}	13.00 - 13.30	●
Body Balance	16.30 - 17.15	●
Body Balance	17.20 - 18.05	●
GRIT	18.05 - 18.35	●
Body Pump	18.45 - 19.45	●
CXWORX	19.45 - 20.15	●

Friday

Deck of Cards Strength ^{LA}	06.45 - 07.30	●
Low Impact Aerobics ★	10.00 - 11.00	●
Body Pump	11.00 - 12.00	●
Pyramid Circuits	16.30 - 17.15	●
Body Attack	17.15 - 18.00	●
Step	18.00 - 18.45	●
Yoga	18.45 - 19.45	●

Saturday

Yoga ^{LA}	08.30 - 09.30	●
Body Pump ^{LA}	09.30 - 10.30	●
Deck of Cards Cardio	10.30 - 11.15	●
Deck of Cards Strength	11.15 - 12.00	●

Sunday

Deck of Cards Strength ^{LA}	09.30 - 10.15	●
Circuits ^{LA}	10.15 - 11.00	●
Women's Beg. Yoga ★	11.00 - 12.00	●

Olympia Activity Pool

Monday

Aquafit ★	11.00 - 11.45	●
Aquafit ★	12.00 - 12.45	●

Tuesday

Aquafit ★	11.45 - 12.30	●
Deep Water Aerobics	18.30 - 19.15	●
Aqua Zumba	19.30 - 20.15	●

Wednesday

Aquafit ★	11.00 - 11.45	●
Shallow Water Aerobics	18.30 - 19.15	●
Wave Disco	19.30 - 20.15	●

Thursday

Aquafit ★	11.00 - 11.45	●
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Friday

Aqua Circuits ★	12.00 - 12.45	●
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DISC

Monday

Circuits	18.00 - 19.00	●
Powerhoop	18.00 - 19.00	●

Tuesday

Insanity	17.30 - 18.00	●
Body Combat	18.00 - 19.00	●

Wednesday

Body Combat	18.00 - 19.00	●
KettlerYoga ^{NEW CLASS}	19.00 - 20.00	●

Thursday

Metafit ^{NEW CLASS}	17.30 - 18.00	●
Powerhoop	18.00 - 19.00	●

Friday

BodyBlast	18.00 - 18.45	●
Abs Blast	18.45 - 19.15	●

Saturday

Circuits	09.00 - 10.00	●
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Sunday

Body Combat ^{NEW CLASS}	17.30 - 18.30	●
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Douglas

Monday

Fitness Roulette ★	09.15 - 10.00	●
LBT	17.15 - 18.00	●
Body Balance	18.00 - 19.00	●

Tuesday

RPM	18.00 - 19.00	●
RPM	19.00 - 20.00	●
HIIT FIT	20.15 - 20.45	●

Thursday

HIIT FIT	17.30 - 18.00	●
LBT	18.00 - 19.00	●

Friday

BodyPump ^{NEW CLASS}	16.30 - 17.30	●
RPM	18.00 - 19.00	●

Saturday

RPM	09.45 - 10.30	●
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Sunday

RPM	18.00 - 19.00	●
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Grove

Monday

Kettlercise	18.00 - 18.45	●
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Wednesday ^{NEW CLASS}

Cardio Dance & Tone	18.00 - 18.45	●
Kettlercise	18.45 - 19.30	●

Friday

Deck of Cards Cardio	18.15 - 19.00	●
Stretch & Relax	19.00 - 19.45	●

Lochee

Monday

Low Impact Aerobics ★	10.00 - 11.00	●
Aquafit	20.00 - 20.45	●

Wednesday

Low Impact Aerobics ★	10.00 - 11.00	●
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Thursday

Yoga ★	09.15 - 10.15	●
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Friday

Aquafit ★	12.30 - 13.15	●
Aquafit ★	13.30 - 14.15	●

Lynch

Monday

Circuits	19.00 - 20.00	●
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Wednesday

Legs and Core ★	11.00 - 11.45	●
Stretch & Relax ★	11.45 - 12.30	●
Circuits	18.00 - 19.00	●

Saturday

Circuits	08.45 - 09.45	●
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Sunday

Dance & Tone ^{NEW CLASS}	18.00 - 19.00	●
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St Pauls

Monday

Insanity	18.30 - 19.00	●
PiYo	19.00 - 19.45	●

Tuesday

Powerhoop	18.00 - 18.45	●
HIIT FIT	18.45 - 19.15	●
Flow and Tone	19.15 - 20.00	●

Wednesday

Legs and Core	18.30 - 19.00	●
Deck of Cards Cardio	19.00 - 19.45	●

Saturday

Cardio Tennis ^{NEW CLASS}	09.30 - 10.30	●
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^{LA} LeisureActive members with an NEC only

★ Available for all membership types (excluding Active for Life Membership)

Aquafit classes are for all membership types and are payable on the day - (no advance bookings)

All information correct at time of going to print December 2016. Please note that all programmes may be subject to change, please contact each facility prior to visiting.

Use our 'traffic lights' to choose the intensity of your class.

- Red - High Intensity Level
- Amber - Moderate Intensity Level
- Green - Low Intensity Level

This handy wellness tool will measure blood pressure, heart rate, body mass index (BMI), body fat percentage, blood glucose and cholesterol levels and aerobic fitness, as well as exploring health and lifestyle choices. Information gathered, it is transformed into an easy to follow report which can be used to determine the most effective fitness plan.

£6 for LA members & £12 for non members
fittech health & fitness assessment:



ADULT TIMETABLE

January - March 2017



www.leisureandculturedundee.com

For more information, contact the Membership Team
www.leisureandculturedundee.com
Tel: 01382 432328 / 432347 / 432351
Email: leisureactive@leisureandculturedundee.com
www.leisureandculturedundee.com



Please speak to the instructor prior to the class starting so they can provide the correct modifications.
Women's Beginner Yoga
www.lesmills.com/
modifications-and-what-to-avoid/

While exercising throughout your pregnancy is not only beneficial for both you and your baby, there are some things to avoid and modifications to make to ensure you do it safely and effectively.
Leisure and Culture Dundee have a wide range of Les Mills classes you can attend while you are pregnant.
Classes: Unsuitable Les Mills, BodyCombat, GRIT, CXWORX, BodyAttack, RPM, BodyBalance, BodyPump
Classes: Suitable Les Mills

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• Locations throughout Dundee



leisureactive memberships

Contact

Olympia 3 East Whale Lane Dundee DD1 3JU
Telephone (01382) 432300

DISC Mains Loan Dundee DD4 7AA
Telephone (01382) 438804

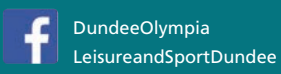
Douglas Sports Centre
Baldovie Terrace Dundee DD4 8TG
Telephone (01382) 436911

Grove Swim & Sports Centre
Claypotts Road Dundee DD5 1AB
Telephone (01382) 436883

Lochee Swim & Sports Centre
St Marys Lane Dundee DD2 3AQ
Telephone (01382) 431840

Lynch Sports Centre
South Road Dundee DD2 4SR
Telephone (01382) 431828

St Pauls Swim & Sports Centre
Gillburn Road Dundee DD3 OEH
Telephone (01382) 307760



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For enquires or more information please contact:
Michelle Mackay on 01382 432333 or michelle.mackay@leisureandculturedundee.com

