



Fitness Classes

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Activity	When	Where	Cost	Contact
<p>Abs Attack Hard core abdominal work focusing on toning and defining the abs and strengthening the lower back and your posture. 14+</p>	Tuesday 19:30-20:00	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
<p>Body Attack A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. 16+</p>	Monday 18.30 – 19.25 Wednesday 18.00 – 18.55 Sunday 10.00 – 10.55	Parish Wharf Leisure Centre	£6.30	01275 848 494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre
<p>Body Balance Ideal for anyone and everyone, Body Balance is the yoga-based class that will improve your mind, your body and your life. 16+</p>	Wednesday 20.15 – 21.10	Parish Wharf Leisure Centre	£7.35	01275 848 494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre
<p>Body Combat An athletic and exciting complete body workout, combining power moves and stances from a range of self-defence disciplines. 14+</p>	Wednesday 19:00-20:00	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre



Activity	When	Where	Cost	Contact
<p>Body Pump The original Barbell class, the ideal workout for anyone looking to get lean, toned and fit – fast. 16+</p>	<p>Tuesday 19.10 – 20.05 Thursday 19.15 – 20.10 Sunday 09.00 – 09.55</p>	<p>Parish Wharf Leisure Centre</p>	<p>£7.35</p>	<p>01275 848 494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre</p>
<p>Breathe, Stretch and Flex Gently combines breathing & relaxation movements to balance the mind and improve flexibility. Can aid posture and is said to help lower blood pressure. All welcome.</p>	<p>Tuesday 11.15 – 12.15</p>	<p>Methodist Church Wesley Centre, High Street, Portishead BS20 6EN</p>	<p>£4.50</p>	
<p>Cardio Core A workout that lets you choose how hard you work, using tubes and optional hand weights. 14+</p>	<p>Monday 10:30 - 11:30 Friday 9.00-10.00</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Circuits - Congresbury A combination of high-intensity aerobic and resistance training. Excellent for fat/weight loss, building muscle, strength, increasing aerobic fitness and burning lots of calories suitable for all fitness levels.</p>	<p>Monday 19.30 – 20.30</p>	<p>The Old School Rooms, Station Road, Congresbury BS49 5DX</p>	<p>£6.00</p>	<p>Sara James 07789 268 344 www.sarajamesfitness.co.uk www.facebook.com/sarajamesfitness</p>



Activity	When	Where	Cost	Contact
<p>Circuits - Portishead An exciting mix of body weight & external weighted body conditioning exercises resulting in a full body workout. 16 years</p>	Monday 1730-1815	Parish Wharf Leisure Centre, Harbour Road, BS20 7DD	£6.30	01275 848494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre
<p>Cycle Workout A motivating instructor led group class on stationary bikes. 14 years +</p>	Various days and times	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
<p>Extend Core Stability on a Physio Ball Exercising on a physio ball to improve core strength. Targets deep skeletal muscles to help improve posture and balance. 16+</p>	Monday 9.30 – 10.30am. Monday 6.15 – 7.15pm	Churchill Sports Centre, Churchill Green, Churchill. BS25 5QL	£4.80	01934 852303 www.better.org.uk
<p>Extend – Movement to Music Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.</p>	Visit website to find details of times and locations			https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/



Activity	When	Where	Cost	Contact
<p>Fit and Fabulous A new cardio and strength class in two halves. 30 minutes of cardio followed by 30 minutes of hand weights and core work. 14+</p>	Tuesday 19:00-20:00	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotth-horn-leisure-centre
<p>Fitness for all Exercise class for all. Anyone wanting to improve their health and fitness. Nervous newbies, anyone returning to exercise, making new friends. Age 18+</p>	Tuesday 10.00 – 11.00	St Augustine's Church Centre, The Green, Locking BS24 8DA	£5.00 per session	Amanda Ball 07814 392 217
<p>Forever Active Suitable for older adults, pre & Post Natal & Those new to exercise this is a low impact keep fit class. 16+</p>	Monday & Tuesday 0930-1025. Thursday & Friday 1030-1125	Parish Wharf Leisure Centre, Harbour Road, BS20 7DD	£6.30	01275 848494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre
<p>Gentle Exercise to music Standing and seated exercise to music. Maintain and improve strength, balance, mobility and coordination in a supportive relaxed group. Age 50+</p>	Monday 11.15	St Johns Hall, Hillside Road, Clevedon BS21 7XJ	£4.00	Jo Knowles 01275 544 472 Jo-knowles@blueyonder.co.uk
	Thursday 9.30	Old School Rooms, 1 Station Road, Congresbury BS49 5DY		



Activity	When	Where	Cost	Contact
	Friday 11.15	Methodist Church Hall, 72 Silver Street, Nailsea BS48 2DS		
<p>Group Cycling Our exciting instructor led indoor cycling classes are perfect for beginners to serious cyclists. A fantastic 45-minute calorie burner. Age 16+</p>	Various days and times	Parish Wharf Leisure Centre	£6.30 per session	<p>01275 848 494 enquiries@parishwharfleisurecentre.co.uk</p> <p>www.placesleisure.org/centres/parish-wharf-leisure-centre</p>
<p>HITT Circuits at the Campus Fun circuit class using equipment as well as your own body weight. 16 years+</p>	Thursday 6-7pm.	The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX	£5	<p>01934 427 427 campus@n-somerset.gov.uk</p> <p>www.the-campus.org.uk</p>
<p>Keep Fit for Older People and Disabled Adults Seated and standing Extend Exercise. Join our fun, friendly class with great music. Maintain your mobility, strength, balance and coordination. 60 +</p>	Tuesday 11.30am – 12.30pm	1 st Nailsea Scout Hut, Clevedon Road, Nailsea BS48 1EH	£5	<p>Gill Porter</p> <p>01275 877131</p> <p>gillporter@btinternet.com</p>
	Tuesday 2pm – 3pm	Yatton Village Hall, Off High Street, Yatton BS49 4HL		



Activity	When	Where	Cost	Contact
	Wednesday 1.30am- 12.30pm	1 st Clevedon Scout Hut, Great Western Road, BS21 6HB		
Kettlebells – Congresbury Resistance training; an all over body workout, using 1 piece of equipment, that delivers a lean, toned body. It covers all levels of fitness; exercises range from basic to more advanced moves. 16+	Thursday 7:45-8:30 PM Friday 9:30- 10:30 AM	The Old School Rooms, Station Road, Congresbur y, BS49 5DX	£6. Pay as you go. Contact to book a place.	Sara James 07789 268344 www.sarajamesfitness.co.uk www.facebook.com/sarajamesfitness
Kettlebells - Nailsea A resistance-based class targeting all muscle groups using 1 piece of equipment. 14 years+	Tuesday 20:00-21:00 Saturday 08:30-09:30	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
Ladies Fitness Classes Fun, relaxed, sociable classes. Exercise to music using different equipment, including hand weights, resistance bands, drumsticks, chairs and floor workouts. 16 years+	Mondays 7pm and 8pm	Bleadon Village Hall, Jubilee Room, 5 Coronation Road, Bleadon, BS24 0PG	£4	Marie Keele 07939 038 071 mariekeele@hotmail.co.uk



Activity	When	Where	Cost	Contact
<p>Legs, Bums and Tums (LBT) - Nailsea</p> <p>A combination of fat burning exercises followed by intensive conditioning work. 14 years+.</p>	<p>Thursday 9:30-10:30 /18:00-19:00</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk</p> <p>https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Legs, Bums & Tums – The Campus</p> <p>14 years+ with an adult present. Everyone welcome</p>	<p>Monday, 6-7pm; Saturday 10-11am</p>	<p>The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX</p>	<p>£5</p>	<p>The Campus 01934 427 427 campus@north-somerset.gov.uk</p> <p>www.the-campus.org.uk</p>
<p>Metafit – Congresbury</p> <p>Metafit is high intensity interval training. A 30 min class which involves traditional bodyweight exercises using the latest interval training techniques. Exercises can be adapted to suit all levels of fitness. 16 years +</p>	<p>Monday 6:45-7:15 pm Thursday 7:10-7:40pm</p>	<p>The Old School Rooms, Station Road, Congresbury BS49 5DX</p>	<p>£5. Pay as you go. Please contact to book a place.</p>	<p>Sara James 07789 268344</p> <p>www.sarajamesfitness.co.uk</p> <p>www.facebook.com/sarajamesfitness</p>
<p>Metafit - Nailsea</p> <p>A high intensity workout including a series of body weight exercises. 14 years+.</p>	<p>Thursday 19:00-19:30</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>



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<p>Outdoor Feel Good Fitness A class to support your overall strength and fitness and suitable for those returning to exercise after a break. 18 years +</p>	<p>Monday and Thursday 6:30am Wednesday and Friday, 9:15am</p>	<p>Peel Park, Long Ashton Community Centre, BS41 9DP</p>	<p>£9</p>	<p>Lesley Waldron 07875 026420 lesley@wildcountrywoman.com www.wildcountrywoman.com</p>
<p>Power A high energy, full body workout which combines weighted compound movements with bouts of high intensity aerobic exercise. 14 years +</p>	<p>Monday 19:00-20:00</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Pure Stretch A full body stretch routine along with exercises to engage your core. 14+</p>	<p>Wednesday 18:00-19:00 Sunday 09:00-10:00</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Staying Steady for Seniors Slow movements and breathing rather than vigorous bodily movements. Good for balance, co-ordination and leg strength.</p>	<p>Friday 10.00 – 12 Noon</p>	<p>Clarence Park Baptist Church, Walliscote Road, W-s-M BS23 1ED</p>	<p>£4.50</p>	
<p>Step A fantastic fat burning workout, mixing traditional step with resistance exercises to burn fat and tone your body.</p>	<p>Monday 18:00-19:00</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>



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<p>Step Aerobics Moving on and around a step; building strength, reducing fat and boosting cardiovascular health in a fun, sociable class. 16+</p>	Monday 7.30 – 8.30pm	Churchill Sports Centre, Churchill Green, Churchill. BS25 5QL	£4.80	01934 852303 www.better.org.uk
<p>Step and Sculpt A high energy and fun fitness class, easy to follow, that includes tabata training, a cardio section and then finishes with a slow stretch to relax.</p>	Thursday 10-11am, 7-8pm	The Potteries, Langford Rd, Weston super Mare	£5	Deb Saunders Wsmsportsaerobic1@btinternet.com https://debbiesaundersworkouts.co.uk
<p>Tone - Les Mills A 55 minute class that integrates aerobic exercise, resistance training, as well as stretching and mobility exercises. 14 years+</p>	Monday 09:30 - 10:30	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£5.40	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotc-h-horn-leisure-centre
<p>Tone Up and Get Fit An easy to follow class that will tone you up and help with the stresses and strains of everyday life. Adults. We love welcoming the unfit, the less confident and those who want support to change or simply maintain fitness.</p>	Wednesday 8-9pm	The Potteries, Langford Rd, Weston super Mare	£5	Deb Saunders Wsmsportsaerobic1@btinternet.com https://debbiesaundersworkouts.co.uk



Activity	When	Where	Cost	Contact
<p>Total Body Conditioning A workout using body weight and free weight exercises to tone and sculpt. 14+</p>	<p>Tuesday 09:30-10:30 Wednesday 09:30-10:30/ 18:00-19:00 Friday 09:30-10:30</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Zumba – Nailsea Come and dance yourself fit to high energy exotic rhythms. 14+</p>	<p>Monday 19:00 - 20:00 Tuesday 1800 - 19:00 Wednesday 09:45-10:30 Thursday 09:30-10:30 Friday 18:45-19:45</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>
<p>Zumba - Pill Exercise in disguise! Dance fitness based on traditional steps from all over the world. Salsa, merengue, swing, reggaeton, Bollywood etc. 12-70 years.</p>	<p>Tuesday 6.30pm</p>	<p>Pill Community Centre, Church Place, Pill, BS20 0AE</p>	<p>£5</p>	<p>Marie Clifford 0117 963 4104 bristoldancezumba@gmail.com MarieClifford.Zumba.com</p>
<p>Zumba – Parish Wharf Zumba is an exercise program that uses Latin American music & dance steps. 16 years +</p>	<p>Monday 1030. Tuesday 1905. Thursday 0930. Friday 1830</p>	<p>Parish Wharf Leisure Centre, Harbour Road, BS20 7DD</p>	<p>£6.30</p>	<p>01275 848494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre</p>
<p>Zumba Gold An easy to follow programme that provides low impact moves. 14 years+</p>	<p>Tuesday 20:00-21:00 Saturday 08:30-09:30</p>	<p>Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ</p>	<p>£5.40</p>	<p>01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre</p>