

Ab Attack

Cardiovascular and core stability focusing on the back, stomach and core aiming to improve posture and define those abs.

Aqua Aerobics

Perform aerobic and toning exercises to music in waist high water but without the need to be able to swim. Great for all abilities and people with sporting injuries!

Aerial Hoop

Aerial Hoop classes are great for building strength, stamina and increasing flexibility. A full class will give your whole body a good workout but when it comes to your core muscles and your upper body strength - nothing even comes close.

Body Max

Weight training set to music. Body Max will increase your muscle strength, endurance and fitness. This instructor led class will work every part of your body and you will look and feel great for it!

Circuits

60 minutes of alternating intervals of high intensity work with low-moderate recovery intervals builds lean muscle mass and loses any excess weight. This class will burn a large amount of calories and is the ideal workout for a busy schedule!

Kettlebells

Increase your strength, power, endurance and overall fitness whilst blitzing body fat to leave you toned and in great shape! You'll be burning calories in a fun and highly enjoyable class and your muscles will feel it for days after!

Legs, Bums and Tums (LBT)

An aerobic workout to music using step platforms to increase intensity. Great for overall fitness and lower body toning.

Pilates

Centred around a range of exercises which are designated to strengthen, tone, stretch and encourage proper breathing and facilitate good posture.

Pole Fitness

An exciting body workout class aimed at increasing flexibility, improving posture, shaping the waist line and toning thighs.

Spin Biking

Fun cardio cycling workout set to great sound tracks which vary routines each week to keep your body guessing! Burn fat fast and target the bum and legs to leave you toned, tired and addicted for more!

Strength & Tone

A session focused on muscular strength, good body alignment and balance along with developing and strengthening key muscle groups - particularly abs and backs.

Swiss ball & Abs

Core conditioning class using the stability balls. Great for toning: abs, back & whole lower body area. This is a must for any one looking to tone the body quickly & effectively whilst at the same time enjoying some great relaxation techniques all in one class.

TRX

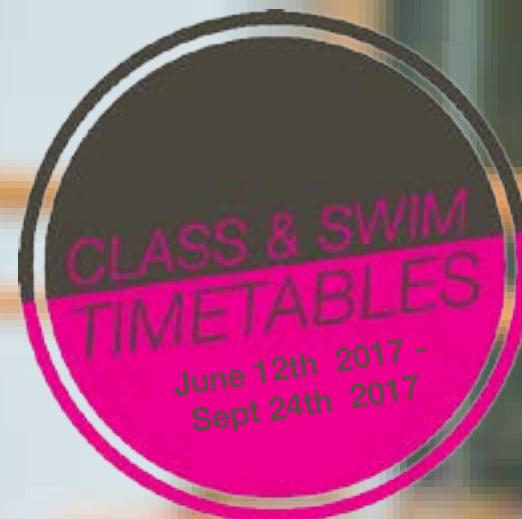
Harnesses your own body weight to create resistance as you train. Constant movement and quick transitions keep your heart rate up to burn calories. It's fun! Whatever your age or fitness levels, TRX will help you get stronger, train better, and reach your fitness goals.

Yoga

Good for mind body and spirit! Yoga will help improve posture, increase flexibility and help you cope with life's stresses. Suitable for all standards.

Zumba

Party yourself into shape with this easy to learn dance workout using specific beats, tempo and transition changes to a fusion of Latin and international music. Targets all muscle groups and guaranteed to put a smile on your face!



University of Brighton

sportbrighton

EASTBOURNE CLASS AND OPEN SWIM TIMETABLE

DAY	07.30-09.00	10.00-11.00 11.00-12.00	12.00-14.00	13.05-13.50	17.00-18.00	18.00-19.00	18.00-19.00	18.00-19.00	18.15-19.15 20.00-21.00	19.00-20.30	19.00-20.00
MONDAY*	Open Swim Pool Closure: 21/08-01/09	Pilates No session on bank holidays	Open Swim Pool Closure: 21/08-01/09	Spin Biking No session on bank holidays	Zumba No session on bank holidays	Circuits No session on bank holidays	Aqua Aerobics Pool Closure: 21/08-01/09	Spin Biking No session on bank holidays	Yoga No session on bank holidays	Open Swim Pool Closure: 21/08-01/09	Legs, Bums & Tums No session on bank holidays
TUESDAY	Spin Biking	Pilates	Open Swim Pool Closure: 21/08-01/09	Spin Biking	Ab Attack	Pilates	Kettlebells	Open Swim Pool Closure: 21/08-01/09			
WEDNESDAY	Open Swim Pool Closure: 21/08-01/09	Pilates	Open Swim Pool Closure: 21/08-01/09	Zumba	Spin Biking	Legs, Bums & Tums	Yoga				
THURSDAY	Open Swim Pool Closure: 21/08-01/09	Body Max	Spin Biking	TRX	Open Swim Pool Closure: 21/08-01/09						
FRIDAY	Open Swim Pool Closure: 21/08-01/09 15/09/17	Yoga Closure: 15/09/17	Pilates Closure: 15/09/17	Yoga Closure: 15/09/17	Open Swim Pool Closure: 21/08-01/09 15/09/17						
SATURDAY	Strength & Tone	Swiss Ball & Abs	Open Swim Pool Closure: 21/08-01/09	Spin Biking	Body Max	Strength & Tone	Open Swim Pool Closure: 21/08-01/09				
SUNDAY											

Take out a Sport Brighton Membership to access all these sessions at **no additional cost** unless stated.

Student	£125 Annual	£10 per month
Staff	£155 Annual	£15 per month
Associate	£190 Annual	£17.50 per month
Community	£230 Annual	£20 per month

Students and staff can pay as you go for £2.75 per session or as stated. We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance. www.brighton.ac.uk/sport

Prices correct until 31st July 2017

Additional exclusive sessions are available to our TOFF (The Over Fifty Fives) members. See separate leaflet for details.

- Open Swim
- Mind & Body
- Cardio & Strength



*Sports Centre opens 8.30am-5pm on Bank Holidays.