

Class Guide

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!

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!

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.

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!

CLASS & SWIM TIMETABLE

11 June 2018 - 23 Sept 2018



Book
classes
online



Opening Times & Contact Details

Monday - Friday - 07.30 - 22.00
Saturday & Sundays / bank holidays - 08.30 - 17.00

Eastbourne Reception - 01273 643706



University of Brighton

sportbrighton

sport.brighton.ac.uk/classbooking

EASTBOURNE CLASS AND OPEN SWIM TIMETABLE

No swim or classes on 15/06/18. No classes on 27/08/18

*Please note that the pool is closed for annual maintenance 07/08/18 - 28/08/18.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim Pool* 07.30 - 09.00	Spin Studio 07.45 - 08.30	Open Swim Pool* 07.30 - 09.00	Open Swim Pool* 09.00 - 11.00	Open Swim Pool* 07.30 - 09.00 <i>No Session - 15/06/18</i>	Strength & Tone Studio 09.00 - 10.00
Pilates Studio 10.00 - 11.00	Open Swim Pool* 09.00 - 11.00	Pilates Advanced Studio 09.00 - 10.00 <i>Suitable for over 55's</i>	Yoga Studio 09.00 - 10.00	Open Swim Pool* 12.00 - 14.00 <i>No Session - 15/06/18</i>	Swiss Ball & Abs Studio 10.00 - 11.00
Open Swim Pool* 12.00 - 14.00	Pilates Studio 13.05 - 13.50	Pilates Beginners Studio 10.00 - 11.00 <i>Suitable for over 55's</i>	Spin Studio 12.35 - 13.20	Yoga Studio 12.35 - 13.20	Open Swim Pool* 13.00 - 15.00 <i>No Session - 16/06/18</i>
Pilates Studio 11.00 - 12.00	Spin Studio 17.30 - 1815	Open Swim Pool* 12.00 - 14.00 <i>No swim - 13/06/18</i>	Body Max Studio 18.15 - 19.15	Pilates Studio 18.00 - 19.00	
Spin Studio 13.05 - 13.50	Pilates Studio 19.00 - 20.00	Zumba Studio 12.35 - 13.20	TRX College Gym 18.00 - 18.45	Yoga Studio 19.00 - 20.00	Spin Studio 09.00 - 10.00
Zumba College Gym 17.00 - 18.00 <i>In Sports Hall 26/3/18</i>	Open Swim Pool* 20.00 - 21.30	Spin Studio 17.15 - 18.00	Spin Studio 19.15 - 20.00	Open Swim Pool* 20.00 - 21.30 <i>No Session - 15/06/18</i>	Body Max Studio 10.00 - 11.00
Yoga Gaudick Gym 18.00 - 19.00		LBT Studio 18.00 - 19.00	Open Swim Pool* 20.00 - 21.30		Strength & Tone Studio 11.00 - 12.00
Aqua Pool* 18.00 - 19.00		Yoga Studio 19.00 - 20.00			Open Swim Pool* 13.00 - 15.00
Spin Studio 18.00 - 19.00		Yoga Gaudick 20.00 - 21.00			
LBT Studio 19.00 - 20.00					
Open Swim Pool* 19.00 - 20.30					
Circuits College Gym 18.00 - 19.00					
Yoga Studio 20.00 - 21.00					

SUNDAY

- Open Swim
- Mind & Body
- Cardio & Strength

Membership

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

Day pass	£7.00	
Student	£130 Annual	£12.50 per month
Staff	£165 Annual	£17.50 per month
Associate	£200 Annual	£20 per month
Community	£240 Annual	£22.50 per month

All prices correct up to 31/07/18