

Group Exercise Timetable

Portaferry Sports Centre



Ards and
North Down
Borough Council

ENERGY

POWER

FLOW

for full details visit leisure.ardsandnorthdown.com

Please note - some classes may be subject to change

MONDAY		
Class	Location	Time
Group Cycle	Sports Hall	6.30pm to 7.15pm
Yoga	Sports Hall	7.15pm to 8.15pm

TUESDAY		
Class	Location	Time
Group Cycle 30	Sports Hall	6pm to 6.30pm
Kettlebells	Sports Hall	6.40pm to 7.20pm

WEDNESDAY		
Class	Location	Time
Pump 45	Sports Hall	6pm to 6.45pm

THURSDAY		
Class	Location	Time
Themed Group Cycle	Sports Hall	6pm to 6.30pm
Core	Sports Hall	6.30pm to 6.50pm
Gently Does It	Sports Hall	6.50pm to 7.20pm

FRIDAY		
Class	Location	Time
Group Cycle 30	Sports Hall	5.30pm to 6pm

ENERGY

Cardiovascular based classes, exercising the heart and lungs, increasing stamina and burning fat.

Group Cycle - Combines high-cadence riding with performance visualisation in an aerobic class-like environment. A more efficient and fun way to get in shape. Group Cycle not only defines leg muscles but also arm, shoulder, abdominal and even neck muscles.

Gently Does It - a low impact gentle workout for those 50+

POWER

Strength based classes, improving all over body strength, conditioning and tone.

Kettlebells - This unique class uses weights shaped like a ball with a handle. Kettlebell training is good for strength, balance, agility and cardio endurance which is achieved through a variety of swing movements.

Pump 45 - a 45 minute aerobic workout using a combination of barbells, free weights and body weight.

Ladies That Lift - a gym session for females who want to do resistance/weights training.

Weightlifting Workshop - improve or learn new weightlifting techniques.

January 2023

WEEKEND		
Class	Location	Time
Saturday		
Ladies That Lift	Gym	10am to 11am
Group Cycle 30	Sports Hall	10.50am to 11.20am
Sunday		
Weightlifting Workshop	Gym	1pm to 2pm

POTENTIAL CALORIES BURNT PER CLASS		
CALORIES	Group Cycle 30	300 calories
	Pump 45	350 calories
	Kettlebells	350 calories
	Yoga	350 calories

FLOW

Classes focus on flexibility, posture, core strength and rehabilitation.

Yoga - A spiritual development practice to train the body and mind to self observe and become aware of its own nature. The purposes of yoga is to cultivate discernment, awareness, self-regulation and higher consciousness in the individual. Yoga can help improve your flexibility, build muscle strength, perfect your posture, prevents cartilage and joint breakdown and much more.

Core - class focusing on exercises to tone and strengthen your core.

Class Notes

- Class participants must be 16 years or over unless otherwise stated. Class participants must be 16 years or over unless otherwise stated.
- Classes can be booked at the centre or online.
- Customers are expected to abide by the centre's Customer Charter and to:
 - Turn up on time and dress appropriately for the activity they are taking part in
 - Be responsible for their personal belongings.