

Group Exercise Timetable

Portaferry Sports Centre

Temporary Timetable from 25 March 2024

Please note - some classes may be subject to change

MONDAY

Class	Location	Time
Group Cycle	Sports Hall	6pm to 6.40pm
Hit It Up	Sports Hall	6.45pm to 7.15pm

TUESDAY

Class	Location	Time
Gym Workshop	Gym	6pm to 6.45pm
RT24	Sports Hall	6.50pm to 7.20pm

THURSDAY

Class	Location	Time
Cycle and Tone	Sports Hall	6pm to 7pm
Core	Sports Hall	7pm to 7.20pm

FRIDAY

Class	Location	Time
Gym Workshop	Gym	6pm to 6.45pm
RT24	Sports Hall	6.50pm to 7.20pm

SATURDAY

Class	Location	Time
Gym Bootcamp	Gym	9am to 9.45am
Gym Bootcamp	Gym	12.45pm to 1.30pm

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.



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.

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

Gym Workshop - group workout session in the gym.

RT24 - a new cutting edge training system, using both resistance and body weight functional movements for group sessions.

Bootcamp -an interval training workout with bursts of intense activity and rests of lighter activity. You can expect cardio, light weights, bodyweight exercises, such as pullups, pushups, lunges and crunches, as well as drills and sprints.

HIIT - a high intensity, interval training session in the gym.

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

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