

# Coaching Classes @ Lifestyles Millennium

## Monday

7.30am - 8.15am	VR Biking
7.30am - 8.00am	Abs
12.10pm - 12.50pm	X Biking
12.10pm - 12.50pm	Fighting Fit
1.10pm - 1.55pm	Power Yoga
5.10pm - 5.55pm	Body Combat
5.30pm - 6.10pm	X Biking
6.00pm - 7.00pm	Body Pump
7.10pm - 7.55pm	Body Attack

## Thursday

7.30am - 8.15am	VR Biking
7.30am - 8.15am	Body Pump
12.10pm - 12.50pm	X Biking
12.10pm - 12.50pm	Circuits
1.00pm - 1.45pm	Total Tone
5.10pm - 5.55pm	LBT
5.30pm - 6.10pm	X Biking
6.00pm - 6.45pm	Body Combat

## Tuesday

7.30am - 8.15am	VR Biking
7.30am - 8.15am	Body Pump
12.10pm - 12.50pm	X Biking
12.10pm - 12.50pm	Circuits
1.10pm - 1.55pm	Body Pump
5.10pm - 6.10pm	Body Pump
5.30pm - 6.10pm	X Biking
6.15pm - 7.00pm	Core Stability
7.00pm - 8.30pm	Yoga

## Friday

7.30am - 8.15am	VR Biking
7.30am - 8.00am	Abs Blast
12.10pm - 12.50pm	X Biking
12.10pm - 12.50pm	Fighting Fit
1.00pm - 1.45pm	Pilates
5.10pm - 5.55pm	Body Combat
6.00pm - 7.00pm	Body Pump

## Wednesday

7.30am - 8.15am	VR Biking
7.30am - 8.00am	Abs Blast
12.10pm - 12.50pm	X Biking
12.10pm - 12.50pm	Core Stability
1.00pm - 1.45pm	LBT
5.10pm - 5.55pm	Street Dance
5.15pm - 5.30pm	X Bike Clinic
5.30pm - 6.10pm	X Biking
6.00pm - 7.00pm	Body Pump
7.00pm - 8.00pm	Pilates

## Saturday

11.00am - 12noon	Body Pump
12.10pm - 12.50pm	X Biking

**All classes must be booked in advance**  
**All classes are subject to alteration**  
**All X Bike classes take place in STUDIO 2**  
**All other classes take place in STUDIO 1**

For further details contact reception at:

**Lifestyles Millennium**

Victoria Street, Liverpool L1 6JD

0151 233 4123 / 6740

Remember you can book online 7 days in advance. See a member of staff for details or visit

[www.liverpool.gov.uk/lifestyles](http://www.liverpool.gov.uk/lifestyles)



**Lifestyles**  
MILLENNIUM

## ***BTS (Body Training Systems)***

With 4 choreographed routines each year, these classes add entertainment to exercise and the result is irresistible, exhilarating full body workouts.

**BODYATTACK®** - A high intensity cardiovascular training programme.

**BODYPUMP®** - A revolutionary class that uses the barbells to strengthen, tone and define every major muscle group - suitable for all fitness levels.

**BODYCOMBAT®** - Combines moves and exercises from a range of self-defence disciplines.

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## ***Mind, Body and Soul***

Need to take time out to relax, re-energise and take control of your life? These classes are for you. Stretch, improve flexibility and balance, strengthen and tone the body whilst not even getting out of breath!

**YOGA & POWER YOGA** - Balance your mind, improve posture, flexibility and strength in these classes suitable for all levels of fitness.

**PILATES** - Learn how to breathe and use your body effectively with slow controlled movements to lengthen and tone muscles.

## ***Fitness Improvement and Weight Loss***

Hard day at the office? Leave it all behind with this amazing variety of classes.

**CIRCUIT** - Get your heart pumping with this highly effective whole body workout, guaranteed to condition muscles and burn fat fast!

**TOTAL TONE** - Trim and tone your body whilst working on your co-ordination.

**FIGHTING FIT** - A mix of aerobics and toning to ensure an all over body workout in a fun lively environment.

**X-BIKE** - This energetic and demanding class is a fantastic way to lose weight and tone the body.

**STREET DANCE** - Mixed choreography, isolation of body parts, stretch/core, funky/hip hop music

## ***Muscle and Body Conditioning***

Prepare to change the shape of your body with these classes!

**LBT - LEGS, BUMS AND TUMS.** Target those problem areas.

**ABS BLAST** - Flatten and tone your stomach and strengthen the lower back in this challenging and focused class.

**CORE STABILITY** - Using the stability ball

to work specifically on improving abdominal and lower back strength and balance and co-ordination.

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## ***Group Fitness Rules***

- Classes at Millennium Lifestyles are suitable for all levels of fitness. Please speak to the instructor if you have any concerns about the class/previous injuries or technique.
- Please ensure you arrive in plenty of time to take part in the class – for health and safety reasons late arrivals may be asked to leave the class.
- Please ensure you have a valid ticket for the class – any participant without a ticket will be referred back to reception to obtain one.
- Please remember to wear appropriate clothing and bring a bottle of water and a small hand towel with you.