



Class Descriptions

BodyPump - is a total body workout which on average burns 590 calories. This weights class will sculpt, tone and strengthen your entire body.

BodyAttack - is a sports inspired high intensity cardio workout for building strength and stamina, which can burn up to 675 calories per class.

BodyCombat - is a high energy martial arts inspired workout that is totally non-contact where you will develop coordination and release stress. You learn to punch, kick, block and strike targeting every muscle group.

BodyBalance - Yoga based strength and flexibility class that blends elements of Tai Chi and Pilates to strengthen the entire body.

Metafit - is a high intensity interval training circuits class focusing on big muscle groups to boost your metabolism. It is the workout that keeps on working.

Circuits - a class using individual stations for a total body workout.

Total / Lower Body Workout - use a variety of resistance exercises and focus on high repetition movements to target muscle groups improving your body composition.

Core Stability - is a great way to improve your flexibility, core strength and overall body conditioning. Expect to flatten your abs, strengthen muscles and improve your posture.

PiYo - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. Crank up the speed for a true fat-burning, low-impact workout.

Kettlebells - consists of a range of different exercises with a kettlebell that focus on building strength and toning your muscles.

Social Circuits - utilises the same principals as other circuits classes but at a lower intensity. Ideal for those who would consider themselves as being adults who are in the later stages of life.

Small Group Training - functional training in a small group environment where everybody's speed, intensity and ability is their own.

**Please note that late entry to classes will be at the discretion of the instructor.
Due to the risk of injury, late entry may not be permitted if any pre-class
medical checks or the warm up phase has been missed.**

This timetable is intended to run from
Monday 17th April - Sunday 13th August 2017

Timetable subject to change at the discretion of the management or due to unforeseen circumstances.



Fitness Timetable

**Live Active Loch Leven
Lathro, Kinross
KY13 8SY
01577 867230**

**Loch Leven Community Campus
The Muirs, Kinross
KY13 8FQ
01577 867200**



Fitness Gym at Live Active Loch Leven:
 Mon - Fri: 07:15 - 22:00 Sat - Sun: 08:15 - 16:00

Monday

- Circuits***
09:30 - 10:25
- BodyAttack+**
18:00 - 18:45
- Metafit+**
18:30 - 19:00
- BodyPump+**
19:15 - 20:10

Tuesday

- Yoga***
09:15 - 10:10
10:25 - 11:20
11:35 - 12:30
- Kettlebells+**
18:00 - 18:45
- BodyCombat+**
19:00 - 19:55
- BodyBalance+**
20:00 - 20:55

Wednesday

- Total Body Workout***
09:15 - 10:00
- Aquafit***
13:00 - 13:45
- Metafit+**
18:15 - 18:45
- BodyAttack+**
19:00 - 19:45
- BodyPump+**
20:00 - 20:55

Thursday

- PiYo***
09:30 - 10:15
- Metafit***
10:20 - 10:50
- Social Circuits***
12:05 - 13:00
- Yoga+**
17:30 - 18:25
18:30 - 19:25
- Small Group Training+**
17:30 - 18:15
- Kettlebells+**
18:15 - 19:00
- BodyCombat+**
19:00 - 19:55
- BodyBalance+**
20:00 - 20:55

Friday

- Lower Body Workout***
09:30 - 10:25
- Metafit+**
18:15 - 18:45
- BodyPump+**
19:00 - 19:55

Saturday

- Circuits+**
09:45 - 10:40
- Core Stability+**
10:50 - 11:35

Sunday

- BodyPump Technique+**
(Introductory session for new or less experienced customers)
09:00 - 09:15
- BodyPump+**
09:15 - 10:00

* Classes at Live Active Loch Leven.

+ Classes at Loch Leven Community Campus.

Fitness Gym at Loch Leven Community Campus:
 Mon - Fri: 17:00 - 21:45 Sat - Sun: 08:00 - 16:45

Online Booking

Available to all customers. Existing users should contact LALL for login details. New users should visit our website for more information on how to book and pay.

Age Restrictions

BodyAttack, BodyCombat, BodyBalance and Yoga are suitable from age 12.

Metafit, Circuits and Core Stability are suitable from age 14.

BodyPump, Kettlebells, PiYo, Total & Lower Body Workout are suitable from age 16

Under 14's must be accompanied by a participating adult.