



RPM - Indoor cycling class set to motivating music. Based on the sport of cycle racing RPM uses a series of simulated hill climbs and sprints to create a workout where you burn calories and get fit fast!

Virtual RPM - is a video based version of RPM where there is no live instructor. You still get the fitness benefits of a live class but the convenience of 30 minute sessions and at off peak times!

GRIT - 30 minute HIIT Small Group Training workout, that combines Les Mills Grit 'PiYo and Cardio' workouts giving you a complete workout of bodyweight and explosive exercises that will help build a powerful, lean and athletic body.

GRIT Strength - 30 minute HIIT Small Group Training workout, that builds lean muscle and strips fat. This workout includes barbell weight plates and body weight exercises to blast all the major muscle groups.

BodyBalance - Mind and Body class that has you bending and stretching through safe and simple yoga moves blended with elements of Pilates and Yoga that improves core strength and flexibility.

Spin Express - Indoor cycling session that offers a great workout in a short 30 minute session. Includes hills, time trials and interval training.

Spin Fit - The big brother to Spin Express where you get an additional 15 minutes to burn even more calories in a workout sure to help you smash your fitness goals.

Spin Plus - The cyclists workout - a 45 minute simulated route ride, taking in local hills and variable terrain, which will include intervals, tempo and speed. This is followed by a strength and conditioning session for 30 minutes including strength work, core and stretching.

Spin Start - Beginners class where you learn the basics and get comfortable on the bike. We advise first timers to do this session before the other cycling classes.

Pilates - Anyone of any level of fitness can do Pilates. The Pilates system works the body as a whole and aims to co-ordinate the upper and lower muscle groups with the centre of the body. This has a dramatic effect on strength, flexibility, posture and co-ordination.

PIYO - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Zumba - Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and great fun!

Mum & Baby Class - Get back to fitness with your baby - Tel 01738 454649 for more details.

Ceilidh Class - This instructor led class features live music and caters for all ages and abilities. You'll cover all the Ceilidh classics and might even learn something new.

Bell's Sports Centre
Hay Street
Perth PH1 5HS
01738 454647

 www.liveactive.co.uk 



Bell's Sports Centre

Fitness Class Programme

From October 23rd 2017



Bell's Sports Centre - Fitness Class Programme - October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30 - 08:00 Virtual RPM*	07:30 - 08:00 Spin Express	07:30 - 08:15 BodyBalance	07:30 - 08:00 Spin Express	07:30 - 08:00 Virtual RPM*	09:15 - 10:00 RPM
10:30 - 11:30 BodyBalance	09:45 - 10:30 Virtual RPM*	10:00 - 11:00 Zumba	09:45 - 10:30 RPM	09:45 - 10:45 Pilates	10:15 - 11:15 BodyBalance
12:15 - 13:00 RPM	12:15 - 13:00 Virtual RPM*	12:15 - 13:00 Virtual RPM*	12:15 - 12:45 GRIT	12:00 - 13:00 Ceilidh Class	13:30 - 14:15 Virtual RPM*
16:15 - 17:00 Virtual RPM*	13:15 - 14:00 Mum & Baby Class	16:15 - 17:00 Virtual RPM*	16:15 - 17:00 Virtual RPM*	12:15 - 13:00 RPM	16:15 - 16:45 Virtual RPM*
17:30 - 18:00 Spin Express	17:15 - 17:45 GRIT	17:30 - 18:15 RPM	17:15 - 18:00 RPM	16:15 - 17:00 Virtual RPM*	Sunday 09:30 - 10:00 Spin Start
18:10 - 18:55 RPM	18:00 - 18:45 PIYO	18:25 - 18:55 Spin Express	18:10 - 18:40 GRIT Strength	17:15 - 17:45 Spin Express	10:10 - 10:55 Spin Fit
19:15 - 19:45 GRIT Strength	19:00 - 19:45 RPM	19:15 - 19:45 GRIT	19:00 - 19:45 PIYO	17:55 - 19:10 Spin Plus	13:30 - 14:15 Virtual RPM*
20:00 - 21:00 BodyBalance	20:00 - 20:30 Spin Start	20:00 - 20:30 Spin Start	20:00 - 20:45 BodyBalance	19:30 - 20:15 Virtual RPM*	16:15 - 17:00 Virtual RPM*
		20:40 - 21:25 Virtual RPM*			19:00 - 19:45 Virtual RPM*

Fitness Class Information

Class places are limited so we advise pre-booking.

Classes are suitable for 12 years & over when accompanied by an adult.

GRIT, Metafit & PIYO are only for 16 years & over.

*Virtual RPM

To attend a Virtual RPM class you must have previously taken part in either a live RPM or Spin Cycling class.

Be advised - there is no live instructor in the virtual class so if you have any medical conditions or injuries that you feel may cause issues during exercise please speak to a member of the fitness team for further guidance or email fitness@liveactive.co.uk