

# Dunes Splash World

Timetables subject to change. Commences on 18.11.24

## Opening Times:

Mon-Fri: 7.00am - 10.00pm\*

Sat-Sun: 9.00am - 4.00pm\*\*

\*Last entry 9:15pm

\*\*Last entry 3:15pm

## MONDAY

|   | TIME        | ACTIVITY             | LOCATION     |
|---|-------------|----------------------|--------------|
| V | 07:15-08:00 | Les Mills RPM        | Cycle Studio |
|   | 08:00-09:00 | Wake-Up Yoga         | Dance Studio |
|   | 09:15-10:00 | Sculpt & Tone        | Dance Studio |
| V | 09:15-09:45 | Les Mills Sprint     | Cycle Studio |
|   | 10:00-11:00 | Dance Gold           | Dance Studio |
|   | 11:15-12:00 | Chair Based Exercise | Dance Studio |
|   | 12:00-13:00 | Boxercise            | Dance Studio |
| V | 12:30-13:00 | Les Mills Sprint     | Cycle Studio |
|   | 13:00-14:00 | Yoga                 | Dance Studio |
|   | 14:30-15:30 | Tai Chi              | Dance Studio |
| V | 16:00-16:40 | Les Mills TRIP (Y)   | Cycle Studio |
|   | 17:30-18:00 | Spin                 | Cycle Studio |
|   | 18:00-19:00 | Pilates              | Dance Studio |
|   | 19:00-19:45 | Aqua                 | Splash World |
| V | 19:15-19:45 | Les Mills Sprint     | Cycle Studio |
|   | 19:15-20:15 | Dance Fit            | Dance Studio |

## TUESDAY

|   | TIME        | ACTIVITY              | LOCATION     |
|---|-------------|-----------------------|--------------|
| V | 07:15-07:45 | Les Mills Sprint      | Cycle Studio |
| V | 08:15-09:00 | Les Mills RPM         | Cycle Studio |
|   | 08:15-09:00 | Aqua                  | Splash World |
|   | 09:15-10:00 | Step & Tone           | Dance Studio |
|   | 09:15-09:45 | Les Mills Sprint      | Cycle Studio |
|   | 10:00-10:45 | Les Mills Bodypump    | Dance Studio |
|   | 10:15-11:00 | Fitsteps® Fab         | Sports Hall  |
|   | 11:00-12:00 | Pilates               | Dance Studio |
|   | 12:00-13:00 | Les Mills Bodybalance | Dance Studio |
| V | 16:00-16:30 | Les Mills Sprint (Y)  | Cycle Studio |
|   | 16:30-17:30 | Yoga                  | Dance Studio |
|   | 17:45-18:45 | Les Mills Bodypump    | Dance Studio |
|   | 18:00-18:45 | Spin                  | Cycle Studio |
|   | 19:00-19:45 | Les Mills Dance       | Dance Studio |
| V | 19:30-20:00 | Les Mills Sprint      | Cycle Studio |
|   | 20:00-20:45 | Aqua                  | Splash World |
|   | 20:00-21:00 | Zumba®                | Dance Studio |

## WEDNESDAY

|   | TIME        | ACTIVITY             | LOCATION     |
|---|-------------|----------------------|--------------|
| V | 07:15-08:00 | Les Mills RPM        | Cycle Studio |
|   | 08:00-09:00 | Pilates              | Dance Studio |
|   | 08:15-09:00 | Aqua                 | Splash World |
|   | 09:15-10:00 | Aerotone             | Dance Studio |
| V | 09:15-09:45 | Les Mills Sprint     | Cycle Studio |
|   | 10:00-11:00 | Dance Gold           | Dance Studio |
|   | 11:15-12:00 | Chair Based Exercise | Dance Studio |
|   | 12:15-13:15 | Yoga                 | Dance Studio |
| V | 16:00-16:30 | Les Mills RPM (Y)    | Cycle Studio |
|   | 17:00-18:00 | Junior Circuit       | Mez/Gym      |
|   | 17:30-18:00 | Les Mills Sprint     | Cycle Studio |
|   | 17:45-18:30 | Step & Tone          | Dance Studio |
|   | 18:30-19:00 | Dance Fitness        | Dance Studio |
|   | 19:00-20:00 | Fitsteps®            | Dance Studio |
| V | 19:00-19:45 | Les Mills RPM        | Cycle Studio |
|   | 20:00-21:00 | Pilates              | Dance Studio |

## THURSDAY

|   | TIME        | ACTIVITY             | LOCATION     |
|---|-------------|----------------------|--------------|
| V | 07:15-07:45 | Les Mills Sprint     | Cycle Studio |
| V | 08:15-09:00 | Les Mills RPM        | Cycle Studio |
|   | 08:15-09:00 | Aqua                 | Splash World |
|   | 09:15-10:00 | Ballet Barre         | Dance Studio |
|   | 10:00-11:00 | Aerodance            | Dance Studio |
|   | 11:15-11:45 | Les Mills Sprint     | Cycle Studio |
|   | 11:15-12:00 | Chair Based Exercise | Dance Studio |
| V | 12:30-13:15 | Les Mills RPM        | Cycle Studio |
| V | 16:00-16:30 | Les Mills Sprint (Y) | Cycle Studio |
|   | 17:15-18:00 | Zumba Step           | Dance Studio |
|   | 18:00-18:30 | Spin                 | Cycle Studio |
|   | 18:00-19:00 | Zumba                | Dance Studio |
|   | 19:00-20:00 | Yoga                 | Dance Studio |

## FRIDAY

|   | TIME        | ACTIVITY              | LOCATION     |
|---|-------------|-----------------------|--------------|
| V | 07:15-08:00 | Les Mills RPM         | Cycle Studio |
|   | 08:00-09:00 | Yoga                  | Dance Studio |
| V | 09:00-09:30 | Les Mills Sprint      | Cycle Studio |
|   | 09:10-10:00 | Les Mills Dance       | Dance Studio |
|   | 10:00-11:00 | Aerotone              | Dance Studio |
|   | 11:00-12:00 | Pilates               | Dance Studio |
|   | 12:00-13:00 | Les Mills Bodybalance | Dance Studio |
| V | 16:00-16:40 | Les Mills TRIP (Y)    | Cycle Studio |
| V | 17:30-18:15 | Les Mills RPM         | Cycle Studio |
| V | 19:00-19:30 | Les Mills Sprint      | Cycle Studio |

## SATURDAY

|   | TIME        | ACTIVITY          | LOCATION     |
|---|-------------|-------------------|--------------|
|   | 09:15-10:00 | Circuit           | Mez/Gym      |
|   | 09:15-10:15 | Yoga              | Dance Studio |
|   | 10:30-11:00 | Les Mills Sprint  | Cycle Studio |
|   | 10:30-11:30 | Fitsteps®         | Sports Hall  |
|   | 11:30-12:00 | Dance Fitness     | Sports Hall  |
| V | 12:30-13:15 | Les Mills RPM (Y) | Cycle Studio |

## SUNDAY

|   | TIME        | ACTIVITY           | LOCATION     |
|---|-------------|--------------------|--------------|
|   | 09:30-10:00 | Les Mills Sprint   | Cycle Studio |
|   | 10:15-11:15 | Les Mills Bodypump | Dance Studio |
| V | 12:30-13:15 | Les Mills RPM (Y)  | Cycle Studio |

**V LesMills Virtual Classes** All virtual classes are unmanned virtually instructed sessions. booking for these classes is as normal. Virtual classes may require some equipment - participants are required to collect and return all kit to the correct place following classes. Booking is compulsory for all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

**Book online today at**

**[www.activeseftonfitness.co.uk](http://www.activeseftonfitness.co.uk), at  
reception or call on 01704 537160**

# Dunes Splash World

## Class Timetable

### CLASS DESCRIPTIONS

#### **LES MILLS VIRTUAL**

LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. Big workouts on the big screen. It's a truly inspiring experience that will drive amazing results.

#### **LES MILLS SPRINT**

A 30-minute High-Intensity Interval Training (H.I.I.T) workout, using an indoor bike to achieve fast results.

#### **LES MILLS RPM**

The indoor cycling class, set to the rhythm of motivating music. Burn calories and get fit fast.

#### **LES MILLS THE TRIP**

THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.

#### **LES MILLS DANCE**

a 45-minute, high-energy workout that will challenge and move you. With a focus on movement and technique, it is simple to master and a great option for those who want to improve their dance skills while getting fit, or for anyone who loves to dance!

#### **LES MILLS BODYBALANCE**

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centred.

#### **LES MILLS BODYPUMP**

The Original barbell workout. The full-body weights workout, BODYPUMP is for anyone looking to get lean, toned and fit – fast.

#### **AEROTONE**

Targets all muscle groups using cardio and strength training to improve fitness, health and wellbeing

#### **AQUA**

As well as providing an alternative exercise environment, working in the water adds support to your body to reduce the risk of strain and injury, and has less impact on joints, helping you to tone and shape whilst increasing your range of motion.

#### **BALLET BARRE**

Focusing on the beautiful choreography of a modern version of classic ballet training. This workout is designed to shape and tone postural muscles, build core strength and improve balance.

#### **CHAIR BASED EXERCISE CLASS**

This light and easy to follow class works on gentle movement, stretching and relaxation to help improve circulation, muscle strength and joint stability. This class includes standing behind the chair.

#### **CIRCUITS**

This circuit style fitness class aims to improve your endurance with an all body workout.

#### **DANCE FITNESS**

A fusion dance fitness party get your heart pumping and release your inner DIVA feeling strong and fierce when you leave!!

#### **DANCE GOLD**

A low impact, fun and friendly dance class for a gentle-medium workout. Great music, lots of dance styles and suitable for beginners or 50+.

#### **FITSTEPS**

An energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit. Transform your body and have fun dancing to music that will get your heart pumping!

#### **FITSTEPS® FAB**

A dance fitness workout designed for people who love to dance, want to keep fit, but for a variety of reasons, prefer a lighter intensity, lower impact and perhaps a slower pace.

#### **FITSTEPS® TONE**

Combines the elegance of Fitsteps with toning and balancing exercises. Designed to improve you posture, function, balance and condition your body.

#### **SPIN**

Get on your bike and climb, sprint and jump your way to greater fitness levels with this medium-high intensity workout! Beginners always welcome as every level is included.

#### **PILATES**

This is a body conditioning routine that helps build flexibility, longer leaner muscles, and strength and endurance in the arms, legs, abdominals, hips and back. It puts emphasis on spinal alignment and breathing techniques to aid relaxation and decrease stress levels. This low level class can also help build a stronger core and improve co-ordination and balance.

#### **SCULPT & TONE**

A full body, low impact class which focuses on conditioning, sculpting and toning.

#### **TAI CHI**

This graceful class emphasizes deep breathing and mental focus, combining a system of slow movements to create balance, flexibility and calmness.

#### **YOGA**

This is all about flexibility, and control of breathing. A range of stretches and holds will enable the body and mind to align, allowing you to adapt and conform to a stronger, more flexible skeletal frame.

#### **STEP & TONE**

includes a freestyle step aerobics routine, using a low step, with simple and fun cardio routines that are safe for your joints and brilliant for your fitness and wellbeing. Plus 15 mins dedicated to toning. Suitable for every age.

All classes can be booked up to 7 days either online or over the phone.

FOR ONLINE BOOKING: We have introduced a new online booking system for gym, swim and classes. We would advise all members to register for online booking as this will make the booking process quicker and easier. For full details of how to access the booking system go to [www.activeseiftonfitness.co.uk](http://www.activeseiftonfitness.co.uk)

FOR PHONE BOOKINGS: If you do not want to use online bookings, you will be able to book by contacting your chosen Leisure Centre by phone.

**activefitness**

MORE THAN JUST A GYM

One membership. **Six locations.**

**Bootle** Leisure Centre  
**Crosby** Lakeside  
**Dunes** Splash World

**Litherland** Sports Park  
**Meadows** Leisure Centre  
**Netherton** Activity Centre

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Sefton Council 