

LEEDS BECKETT UNIVERSITY

# Fitness Classes

## Campus Sport & Fitness Programme:

Taking part in our Campus Sport & fitness programme is a great way to keep fit and make friends whilst at university. Sessions are included in your University sports membership or available on a pay and play basis, £4 (Students/Staff) £4.50 (External).

Please check that your membership includes Campus Sport sessions highlighted in blue. You may need to pay the additional session fee or upgrade your membership if you would like to access these sessions.

### **AbsBLAST**

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Abs Blast uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercises.

### **Beckett Bootcamp**

A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Our Bootcamps are designed for maximum calorie burn in the shortest amount of time.

### **Body Tone**

A class that uses hand weights and toning techniques to focus on those hard to tone areas such as thighs, buttocks and stomach.

### **Box-FIT**

This popular class combines motivating music to drills with boxing gloves and pads in order to create an aerobic-based workout with an exciting punching element to it. Great for stress relief!

### **CardioBLAST**

This 30 minute cardio based high intensity interval training (HITT) class improves your cardiovascular fitness and speed while burning maximum calories!

LEEDS BECKETT UNIVERSITY

# Fitness Classes

## **Cardio Tennis**

Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie-burning aerobic workout. It is a fun class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport, and if you are an experienced high level tennis player it is great for your court-based fitness.

## **Circuits**

This high-level energetic class builds on the fundamentals of core and interval training in order to challenge your body and maximise your results.

## **Karate\***

Shotokan Karate is a martial art that is characterised by deep, long stances that provide stability, enable powerful movements, and strengthen the legs. Speed, efficiency, strength and power are all characteristics of this historical martial art.

## **KettleFIT**

This high intensity class uses Kettlebells, ViPR bars and TRX suspension belts and is based around the Functional Integrated Training principle (FIT). FIT utilises weight bearing movements and techniques to provide all-round better core stability and agility to help prevent injuries in sport.

## **Krav Maga\***

Krav Maga is a modern martial art developed for use in the 1950's by the Israeli armed forces. It has modernised many of the more traditional elements of combat, into what has often been referred to as the most effective self defence system in the world.

## **Kung Fu\***

Kung Fu is an ancient and complete system of Chinese martial arts, developing the mind, body and spirit. It employs external strength and dynamic tension exercises and is excellent for developing muscle through strong, low stances.

## **Leeds Beckett Running Club (FREE)**

A recreational running club in partnership with the running store, Up & Running. The session is open to students, staff and community members. The group caters for beginners through to intermediate runners, with qualified Run Leaders making sure you get the most out of your session.

LEEDS BECKETT UNIVERSITY

# Fitness Classes

## **Outdoor HIIT**

An uplifting class combining high intensity explosive movements with short periods of recovery. This class will mainly be delivered outside using a variety fitness equipment to challenge your body and maximise results.

## **Pilates**

A calming workout that aims to improve posture and build strength without adding bulk. It aims to balance strength and flexibility, and achieve harmony between mind and muscle.

## **PowerBLAST**

A 30 minute high intensity interval training (HIIT) session aimed at improving strength and building lean muscle. The workouts will include body weight and weight based exercises targeting all muscle groups! A great full body blast!

## **Pump It Up.**

A weights class that builds strength and tones your body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight, enables you to get great results.

## **Social Squash**

This is a mix and match friendly match play session, for all abilities.

## **Spin**

This popular and highly energetic spin class uses specially designed fitness bikes to give you a fantastic cardiovascular workout. Our new Spivi technology offers a unique virtual training experience, providing live performance feedback.

## **Tennis Xpress**

Beginners Tennis class, focused on learning the game through playing points.

## **Tennis Free Play**

Intermediate level class, based around improving player's level of tactical understanding.

## **Touch Tennis**

Tennis on a small court, with smaller rackets and sponge balls for all abilities.

LEEDS BECKETT UNIVERSITY

# Fitness Classes

## **Women's Football**

This is a social football session available for all abilities. Anyone is able to attend these sessions, teams are organised on the night, playing 5 or 6 a side, depending on numbers.

## **Women's Tennis**

A sociable class suited to either getting back into the game, or learn the basics as a less experienced player.

## **Yoga - Ashtanga**

Based on the Primary Series this class will offer a good all round sequence for a dynamic but not too challenging yoga session suitable for all levels.

## **Yoga – Vinyasa Flow**

This class incorporates vinyasa style Yoga, music and breath work to give you a class that embraces your senses on every level. You will leave your day behind as you begin to move very much focusing on the breath. This class will really help you build strength in your legs, core and flexibility in hips and upper back.

## **Zumba**

Zumba is an energetic dance class that incorporates many different dance styles, including Samba, Rumba and Merengue to an inspirational rhythm. You'll forget how hard you're working and how many calories you're burning, so ditch the workout and join the party!

**Classes marked with a \* may require you to become a member of the respective Governing Body and pay their affiliated licence fees.**

For more information, please contact or visit:

### **Craig Robinson**

Student Sport Coordinator

Tel: 0113 812 6546

Email: [Craig.robinson@leedsbeckett.ac.uk](mailto:Craig.robinson@leedsbeckett.ac.uk)

The Sports Office at Carnegie Sports Centre Reception, Headingley Campus