

Group Exercise Classes

At Desborough Leisure Centre

Welcome to our group exercise programme, where we have a range of exercise classes designed to keep you active, motivated and feeling your best! All of our exercise classes are led by qualified, friendly instructors ready to support you on your journey to a healthier, happier lifestyle!



Circuits

Circuits is a dynamic workout that moves you through a series of timed stations, combining strength exercises, cardio and functional movement. Each station challenges different muscle groups to build power, endurance and improve overall fitness. Circuits allows you to work at your own pace and intensity level, whilst enjoying a motivating, effective workout suitable for all levels.



Legs, Bums & Tum

Legs, Tums and Bums (LTB) is a full-body conditioning session designed to strengthen and sculpt your lower body and core. Using a combination of bodyweight exercises, resistance equipment and targeted functional movements, LTB focuses on your thighs, glutes and abdominal muscles. Perfect for all fitness levels, LTB helps improve muscle tone, stability and overall endurance. Get ready for a dynamic workout that leaves you feeling stronger and more confident with every session.



Pilates

Pilates is a mindful, low-impact workout that focuses on core stability, functional strength and full-body alignment. Through a series of controlled movements and guided breathwork, you will activate deep stabilising muscles, improve mobility and enhance flexibility. Using mat-based exercises (and props as needed), Pilates builds strength and tone without strain or impact, as you are guided through specific techniques, emphasising precision, posture and muscle engagement to ensure an effective and safe practice. Whether you are looking to improve strength, reduce tension, support injury prevention or explore other forms of training, Pilates provides a balanced approach suitable for all levels.



Spinning

Spinning is an upbeat, music-driven cycling class that delivers an immersive indoor cycling experience designed to challenge your body and energise your mind. Across 45 to 60 minutes, you will take on a series of structured intervals from hill climbs, sprints, endurance pushes and power bursts, all designed to build cardiovascular fitness, build lower-body strength, and maximise calorie burn.



Tai Chi

Tai Chi guides you through a series of slow, controlled and mindful movements designed to improve balance and flexibility. Often described as “meditation in motion,” Tai Chi enhances body awareness, reduces stress and supports joints. Suitable for all ages and fitness levels, with gentle instruction and a peaceful atmosphere.



Yoga

Yoga is a holistic practice designed to strengthen the body, calm the mind, and cultivate inner awareness. Through a balanced sequence of postures, ranging from gentle warm-ups to dynamic flows and stretches, you will improve balance, flexibility and functional strength. Breathwork and mindfulness techniques are woven throughout to support relaxation and stress relief. With guidance on alignment and variations, you can safely explore each pose at your own pace. Whether you are building strength, increasing mobility or taking time for yourself, Yoga provides a supportive and welcoming atmosphere for all experience levels.



Zumba

Zumba is a fun, high-energy workout with an easy-to-follow dance routine to the beat of Latin and global rhythms. This class is a full-body cardio workout, where you can expect a mix of salsa, reggaeton, merengue and more, designed to improve endurance, coordination and overall energy. Zumba is suitable for all levels, no dance experience needed, just follow the music and have fun!



Download our app or visit our website to book online!
Group Exercise Classes are FREE for members,
with pay as you go option available too.

Explore our LES MILLS Classes



BodyBalance

BodyCombat is one of our LES Mills classes, providing a high-energy martial arts-inspired workout that is non-contact. Get ready to punch and kick your way to fitness and burn up to 570 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. This class allows you to release stress, boost fitness and have a blast. No experience needed, just bring your best fighter attitude and leave inhibitions at the door.



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BodyPump

BodyPump is one of our LES Mills classes and is the original barbell workout, ideal for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. Our instructors will coach you through the scientifically-backed moves and techniques, pumping out encouragement, motivation and great music, helping you achieve much more than on your own! You will leave the class feeling challenged and motivated, ready to come back for more.

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BODYBALANCE

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BODYCOMBAT

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Group Exercise Class Timetable

Discover our group exercise timetable and explore a range of classes. Get moving, stay motivated, make fitness fun and challenge yourself to try to something new!

MONDAY

BodyCombat	9:15am to 10:00am
Spinning	12:30pm to 1:30pm
Spinning	7:00pm to 7:45pm

WEDNESDAY

Boot Camp	9:15am to 10:00am
Yoga	1:00pm to 2:00pm
Tai Chi	2:00pm to 3:00pm
BodyCombat	6:00pm to 6:45pm
LBT	6:45pm to 7:30pm

FRIDAY

BodyPump	9:15am to 10:00am
Zumba	7:00pm to 7:45pm

TUESDAY

Circuits	9:15am to 10:00am
Pilates	12:45pm to 1:30pm
BodyPump	5:30pm to 6:15pm

THURSDAY

BodyBalance	9:15am to 10:00am
LBT	10:15am to 11:00am
BodyCombat	6:00pm to 6:45pm

SATURDAY

BodyCombat	7:45am to 8:30am
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SUNDAY

Yoga	8:00am to 8:45am
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Visit our website!

Where you can explore our facilities,
book a class online or become a member!

Desborough Leisure Centre

Ironwood Avenue, Desborough, NN14 2JJ

01536 234409

www.freedom-leisure.co.uk

