

Contours Weekly Exercise Classes

You can access all of our classes across the sites either as a Contours member (included in the package) or on a pay-as you-go basis. Talk to one of our friendly, professional instructors for the option to best suit you.

Exercise classes are an excellent way to achieve the results you are aiming for. They are all designed to be fun and keep you motivated, while you burn fat, lose weight and tone up. Afterwards, you'll feel good and have improved posture and fitness.

Remember to bring a drink with you to keep you hydrated. Most classes need to be booked in advance, see our booking policy for more information.

The warm up is a vital part of the class and entry may be refused if the class has already started. Stretching at the end of the class helps to lengthen the muscles and tendons, which makes them more flexible.

Juniors aged 14 – 16 can access most classes as long as they are accompanied by an adult. The only class they are not able to attend is Body Pump. This is for health reasons.

Exercise class descriptions

Level 1 - Classes suitable for beginners

5-0 Club: Catering for the over 50s, this class offers a steady aerobic work-out and is ideal for beginners.

Healthy Hearts: The ultimate class for beginners. A gentle warm up followed by resistance exercises.

Low Impact Circuits: A station-based class using cardiovascular stations to help increase fitness levels and toning stations to help improve strength. This class is low impact and suitable for beginners.

Aqua Fit: A water-based class suitable for people of all fitness levels. Aqua fit is great for resistance work without straining joints.

Remember to bring water and a towel with you to your session

Level 2 – Classes for all - work at your own level

Abs Blast: Half-hour sessions concentrating on a full range of abdominal exercises.

Legs, Bums and Tums: A great class to tone areas you want to work the most. Aerobics to warm up then exercises to tone the lower body and stomach. It is ideal for beginners.

Pilates: The ultimate mat work out, this class is the way to a flat stomach. This is ideal for the beginners and those with postural problems.

Spinning: A high-energy class based mainly on studio cycles. Fast and effective, it may incorporate some boxing moves or some abdominal work.

Aqua Zumba: The "pool party" workout for all ages. A challenging water-based workout that integrates Zumba and traditional aqua fitness disciplines.

Hydro-fit/Speedo-deep: A great waterbased class in the deep end. You will wear a buoyancy jacket and work against the waters resistance

Level 2 – Classes for all - work at your own level

Yoga: A holistic approach to exercise aimed at improving posture, breathing and meditation. This class is for the mind and body.

Zumba: Latin-inspired dance fitness class with a mix of merengue, salsa, hip hop, mambo, rumba and flamenco.

Strong by Zumba: a music driven interval training class using only your bodyweight. The moves are synced to the beat. There are three levels which can be adapted to ability. Suitable for all ages and fitness levels.

Metafit: In this class you will work big muscle groups with simple non choreographed, high intensity intervals which will help you to get quick results

Sculpt and tone: a gentle but effective class to give you an all over body workout

Core flow: This is a stretch and tone class which has similarity to Pilates and Body Balance. It will work your core strength as well as legs, bottom and upper body.

Level 2 – Classes for all - work at your own level

**LES MILLS
BODY PUMP**

- **The ultimate resistance class using barbells and free weights to tone and condition your muscles. This is a fantastic way to get into shape. Resistance classes help us to have stronger bones and improve joint integrity. (Non contact)**

**LES MILLS
BODY COMBAT**

- **A challenging cardiovascular workout which combines punches kicks and blocks. This will have you fighting fit in no time.**

**LES MILLS
BODY BALANCE**

- **A mixed workout of Yoga, Tai Chi and Pilates which aims to build flexibility and strength whilst leaving you feeling centered and calm.**

INSANITY

- **Insanity is a total body workout that requires equipment. You exercise using your own body weight for resistance. The program is based on a fitness method called "max interval training." In traditional interval training, you exercise at a very intense pace for a short period of time, and then rest for longer periods in between. The idea is to increase your Aerobic fitness level while burning fat.**

PIYO

- **PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. PiYo was designed for people who want the mind-body benefits of a yoga or Pilates workout, but with a higher-energy, higher-sweat class.**

Level 3 – High intensity classes for regular exercisers

Circuits: This is the ultimate class if you are looking for a challenge. A station based workout for the experienced exerciser which is high energy and hard work.

Step it up: A choreographed and challenging step class which helps to improve coordination whilst building up your fitness level.

H.I.I.T: (High Intensity Interval Training) A station based exercise class which incorporates short rest times and blasts of intense exercise which gives your body the ultimate workout.

Please work at your own pace





Les Mills Virtual classes

Workout in front of a large screen with the world leading Les Mills Master instructors. For those who struggle with the times of our live class timetable we have invested in Les Mills virtual classes. Remember to work at your own pace. Bodypump, Bodycombat and Bodybalance are identical to our live classes but on the big screen. Please ensure you are aware of the content of each class prior to taking part. Visit – www.lesmills.com



Other Les Mills virtual classes



is a modern version of classic balletic training; designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



Its all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body.



Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LESMILLS™ **VIRTUAL** Les Mills virtual classes



Plyo is an intense **plyometric-based workout** that gets results fast! Combining the principles of **plyometrics** and **power agility training**, these very tough training sessions will build a powerful, agile athletic body



An insanely addictive dance workout. **SH'BAM™** is an ego-free zone, where a fun-loving instructor guides you through simple (yet sassy) dance moves, all set to a party playlist.



This is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your virtual instructors take you on a journey of hill climbs, sprints and flat riding.



Another group indoor cycling workout from Les Mills. The 30 minutes you put into a **LES MILLS SPRINT** workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard



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

Contact us

The Parks Sports Centre

Howdon Road, North Shields, NE29 6TL

Tel: (0191) 643 2700

Waves

The Links, Whitley Bay, NE26 1TQ

Tel: (0191) 643 2600

Tynemouth Pool

Beach Road, North Shields, NE29 9PX

Tel: (0191) 643 2900

Hadrian Leisure Centre

St. Peter's Road, Wallsend, NE28 7LQ

Tel: (0191) 643 2025

The Lakeside Centre

Southgate, Killingworth, NE12 6SA

Tel: (0191) 643 4177