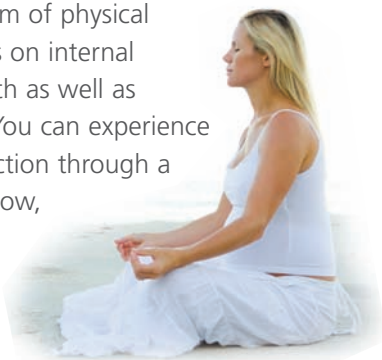


yoga

Yoga is an ancient form of physical exercise. Yoga focuses on internal strength, radiant health as well as postural integration. You can experience the body/mind connection through a series of continuous flow, deep breathing and also a series of postures. All yoga course run as a 6 week programme.



Blackshots – timetable

tue	8.30am – 10pm 7pm – 8.30pm (Kinesis Suite)	All Levels All Levels
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Corringham - timetable

mon	6.30pm – 8pm 8pm – 9.30pm	All Levels Advanced
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Belhus Park - timetable

thur	7.30pm – 9pm	All Levels
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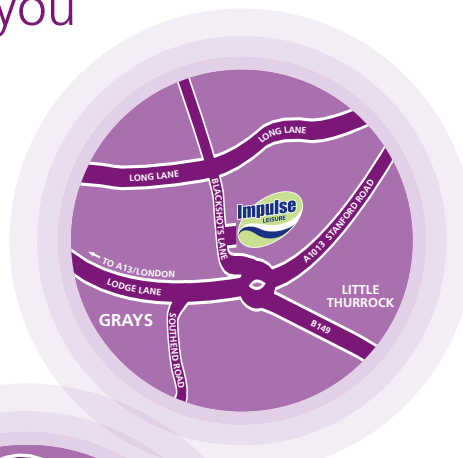
prices

	platinum plus	platinum	standard	non member
Power Plate	FREE	£3.00 (30mins) £5.00 (1 hour)	£3.00 (30mins) £5.00 (1 hour)	£3.00 (30mins) £5.00 (1 hour)
Kinesis (per session)	FREE	£4.50	£5.00	£6.00
X-Biking (per session)	FREE	£4.00	£6.00	£6.50
Yoga (per course)	FREE	£17.00	£32.00	

local to you

Impulse Leisure Blackshots

Blackshots Lane
Grays
Essex
RM16 2JU
T (01375) 375533



Impulse Leisure Corringham

Springhouse Road
Corringham
Essex
SS17 7NB
T (01375) 678070

Impulse Leisure Belhus Park Golf & Country Club

Belhus Park
South Ockendon
Essex
RM15 4PX
T (01708) 856297 Leisure Centre
T (01708) 854260 Golf



E impulse.marketing@thurrock.gov.uk

Text phone users add prefix 18001

We reserve the right to change or remove any details without notice. Please check with your local club. Details are correct at time of print.



Premium Group Fitness

reach higher



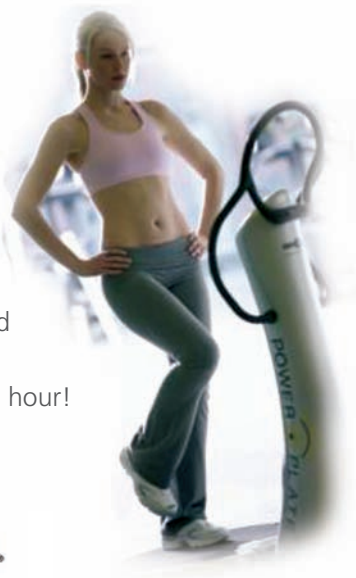
what is Premium Group Fitness?

Fitness and exercise technologies are ever increasing and advancing, and at impulse leisure we aim to constantly provide our members with the most revolutionary and innovative products available. In line with these advancements we have launched Premium Group Fitness! A selection of products and sessions consisting of X-Biking, Yoga, Power Plate and Kinesis, which all provide the user with a unique exercise experience.

power plate

Power Plate machines are revolutionary devices that help users stretch, strengthen, massage and relax their bodies. This new exercise craze that is sweeping the globe has been installed at our Blackshots club!

Power Plate uses vibration to transmit waves of energy throughout the body, activating muscle contractions between 25 and 50 times per second, enhancing overall performance and providing a total body workout in only half an hour!



Please contact our Blackshots club reception for booking availability

kinesis

Kinesis is born out of the need to bring people closer to physical activity to improve the quality of their life.



The inspiring principle is to rediscover the beauty of movement by means of free and natural movements.

'Kinesis stands as a new way to work out, through which it is possible to perform a wide variety of exercises and movements, ensuring strength, stability and flexibility'.

class timetable

mon	Freedom	9am – 10am
tue	Tone	9am – 10am
wed	Freedom Pump	9am – 10am 6pm – 7pm
thur	Tone Tone	9am – 10am 7pm – 8pm
fri	Tone Circuit	7pm – 8pm 6pm – 7pm
sat	Pilates	11.30am – 12.30pm

x-biking

The only exercise bike that mimics natural body movement.

Burn more calories! Get a total body workout!



No longer is indoor cycling constrained by the 4 walls around you. VR X-Biking enables you to ride New York, London, San Francisco, the Welsh Mountains or the French Alps.

Enjoy the beautiful scenery and suddenly 30 minutes of exercise feels like 15 minutes, not only that but the interval based training delivers 45 minutes of calorie burn. The music and the terrain are specially selected to give a serious interval based workout and with the aid of the X-Bars you actually get to turn those corners, climb those hills and it also enables use that of your core and upper body.



Blackshots – timetable

mon	6.45pm – 7.30pm	All Levels
tue	10am – 10.45am 7.30pm – 8.15pm	All Levels All Levels
wed	9.30am – 10.15am	All Levels
thur	7.30pm – 8.15pm	All Levels

Belhus Park – timetable

mon	9.15am–10am 7pm –7.45pm 8pm –8.30pm	All Levels All Levels Beginners
tue	10am – 10.45am 6.30pm– 7.15pm 7.30pm – 8.15pm	All Levels All Levels All Levels
wed	9.30am –10.15am 7pm–7.45pm 8pm – 8.30pm	All Levels All Levels Beginners
thur	9.30am – 10.15am 7pm – 7.45pm 8pm – 8.45pm	All Levels All Levels All Levels
fri	9.30am – 10.15am	All Levels
sat	10am – 10.45am	All Levels