

Our instructors are fully qualified in

- YMCA Exercise to Music
- Body Training Systems products

Undertake regular training and updates

Power Plates

Have you tried the Power Plates in our gym?



Membership

Discounted Corporate Memberships available

Gym, Swim & Classes

Pick two of three to suit your needs

ADULT £37 per month COUPLE £60 per month

Our Classes all cost per session

• ADULTS £4.30 / £3.60 • CHILDREN £3.20

Booking in advance is essential as places are limited

Dalriach Road, Oban, Argyll PA34 5JE

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www.atlantisleisure.co.uk

www.facebook.com/atlantisleisure



Something for everyone

BODYPUMP™

A 60 minute non-impact, resistance training programme, which utilises barbells and adjustable weights helping to improve muscular strength and endurance.

*NOTE: A technique class is required if you have never attended BodyPump before.

BODYBALANCE™

Combines the benefits of Yoga and Pilates as well as other eastern disciplines, into one challenging and invigorating experience.

*NOTE: A technique class is required if you have never attended BodBalance before (see Friday & Sunday timetables).

BODYATTACK™

An athletic challenge that delivers a high intensity aerobic workout. Catering for all levels, you will improve cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.

BODYSTEP™

Is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODY CONDITIONING

A great calorie burning class based upon exercises to music specifically designed to promote muscle tone and conditioning.

MUSIC AND MOVEMENT

A fun class for little children, learning basic dance moves with a hint of hip-hop influence, they also play games based on dancing

HIP HOP

A 'cool' dance class with fun, funky steps and basic break dance moves where the children work together to create a hip hop routine

STREET JAZZ

A more challenging class where the children learn technical, commercial dance moves to create many dance routines

ZUMBATOMIC®

Designed exclusively for kids, Zumbatomic® classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more.



Dance & Fitness Studio

Available for

- Fitness Classes
- Dance Classes
- Private Hire

Lots of fun for juniors & adults

- Fully Air Conditioned
- Beech Sprung Floor
- Highly Trained Staff
- Quality Equipment



POWERED BY **fitpro**



Fitness & Dance Classes

BodyPump™

Tuesday 7:15pm - 8:15pm
Wednesday 6:00pm - 7:00pm
Thursday 7:15pm - 8:15pm
Friday 11:00am - 12:00pm
Saturday 9:15am - 10:15am

BodyBalance™

Monday 11:00am - 12:00pm
Monday 7:15pm - 8:15pm
Tuesday 11:00am - 12:00pm
Wednesday 8:00pm - 9:00pm
Thursday 11:00am - 12:00pm
Friday 5:30pm - 6:30pm

BodyAttack™

Monday 6:00pm - 7:00pm
Tuesday 6:00pm - 7:00pm
Thursday 6:00pm - 7:00pm
Saturday 4:00pm - 5:00pm

BodyStep™

Monday 10.00am - 11.00am
Tuesday 12.00pm - 1.00pm
Wednesday 7.00pm - 8.00pm
Sunday 4.00pm - 5.00pm

Body Conditioning

Tuesday 10:00am - 11:00am
Thursday 10:00am - 11:00am

Zumbatomic

Tuesday 4:00pm - 4:45pm (P1 - P3)

Ballet

Saturday 10:15am - 11:00am (3 - 4 yrs)
11:00am - 11:45am (Primary)
11:45am - 12:45pm (Junior)
12:45pm - 2:15pm (Senior & Pointe)

Highland Dancing

Monday 4:15pm - 5:00pm (3 - 6 yrs)
Monday 5:00pm - 6:00pm (S1 - adults)

Street Jazz

Wednesday 5:00pm - 5:55pm (S1 - S3)
Thursday 5:00pm - 6:00pm (S1 - S3)

Hip Hop

Wednesday 4:00pm - 5:00pm (P4 - P5)
Thursday 4:00pm - 4.45pm (P1 - P3)
Friday 4:00pm - 5:00pm (P6 - P7)

BodyBalance™ and BodyPump™ beginners will require a free 30 min technique class which can be booked through the reception.

Pick up a leaflet at our reception for information on Zumba, circuit Training and Aqua classes.