

All **NEW** classes £2.50 from 23rd May to the end of June!

# FITNESS CLASS TIMETABLE



	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY		Ladies Fitness <small>Term Time Only</small>				50+ Pilates Beginners	50+ Pilates Improvers	50+ Body Conditioning				Aqua Aerobics	
TUESDAY		<b>NEW</b> Body Combat	50+ Int/Adv Pilates				50+ Beginners Pilates			<b>NEW</b> Step Aerobics	Studio Cycling	Strike	
WEDNESDAY		50+ Exercise to Music	50+ Holistic Conditioning		Lunch Time Yoga		50+ Aqua Aerobics 2.00 - 2.45 2.45 - 3.30		<b>Starts 2nd July</b>	50+ Circuits 5.45 - 6.30	Fitness Aerobics 6.00 - 7.00	Holistic Conditioning	Body Tone
THURSDAY		Dancercise 10.15 - 11.15									Fitness Aerobics	Studio Cycling	Body Blitz Circuits 7.30 - 8.30
FRIDAY			<b>NEW</b> Pure Step 11.15-12:00	Dance Aerobics 12:00-12:45	<b>NEW</b>		<b>Starts 25th July</b>	50+ Stretch and Tone 3.00 - 3.45				Yoga	
SATURDAY		Total Body Workout											
SUNDAY		Aerobics	Legs, Bums and Tums	<b>NEW</b> Body Combat	<b>NEW</b> Body Pump								

**Key to location:**

- = Dance Studio
- = Swimming Pool
- = Gymnasium

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**Please Note:** All 50+ classes are run by Forever Active. Please pick up a Forever Active brochure for more information.