

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<br><small>Term Time Only</small>          |  |   |  | 50+ Pilates<br><small>Beginners 1.30 - 2.15<br/>Improvers 2.15 - 3.00</small> | 50+ Body Conditioning   |     |     |                  | Aqua Aerobics<br><small>7.00 - 8.00</small>  | Circuits<br><small>7.30 - 8.30</small> |                                   |
| TUESDAY   |     | <b>NEW</b> Body Combat<br><small>Starts 27.05.08</small> | 50+ Int/Adv Pilates<br><small>11.15 - 12.00</small>                |   |  | 50+ Beginners Pilates<br><small>2.15 - 3.00</small>                           |   |     |     | Fitness Pilates  | Studio Cycling                               | Strike                                 |                                   |
| WEDNESDAY |     | Ladies Fitness   |  |   | Lunch Time Yoga  |   | 50+ Aqua Aerobics<br><small>2.00 - 2.45<br/>2.45 - 3.30</small> |     |     | Fitness Aerobics | Holistic Conditioning                        | Body Tone                              |                                   |
| THURSDAY  |     | Dancercise<br><small>10.15 - 11.15</small>               |  |   |  |   |   |     |     | Fitness Aerobics | Studio Cycling<br><small>7.00 - 8.00</small> | Circuits<br><small>7.30 - 8.30</small> | Body Pump<br><small>8-9pm</small> |
| FRIDAY    |     |  | <b>NEW</b> Pure Step<br><small>11.15-12:00 Starts 23.05.08</small> | <b>NEW</b> Dance Aerobics<br><small>12:00-12:45 Starts 23.05.08</small> |  |   |   |     |     |                  | Yoga   | Salsa                                  |                                   |
| SATURDAY  |     | Total Body Workout                                       |  |   |  |   |   |     |     |                  |  |  |                                   |
| SUNDAY    |     | Aerobics   | Legs, Bums and Tums  | <b>NEW</b> Body Combat<br><small>Starts 25.05.08</small>                | <b>NEW</b> Body Pump<br><small>Starts 25.05.08</small> |   |   |     |     |                  |  |  |                                   |

**Key to location:**

- = Dance Studio
- = Swimming Pool
- = Gymnasium

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