



Fitness Classes Timetable

Choose from any of our fitness classes on a pay-as-you go basis. Pre-booking required in some cases and payment must be made upfront when booking a class. **Student & senior prices also available.**

Call 01223 576110 for more information.

Class	Day	Time	Description	Price	Instructor
Ladies Fitness	Monday	10am-11am	A popular aerobic workout for ladies.	£2.65 per class	Jane
50+ Beginners Pilates*	Monday	12pm-1pm	An introduction to pilates for the 50+	£2.50 Members £3.00 Non-Members	Frances
50+ Improvers Pilates*	Monday	1-2pm & 2-3pm	Improvers pilates for the 50+	£2.50 Members £3.00 Non-Members	Frances
50+ Exercise to Music*	Monday	3.15pm-4.15pm	Move to a variety of music and intensities!	£2.50 Members £3.00 Non-Members	Helen
50+ Pilates Int/Adv*	Tuesday	11am-12pm	Pilates for the more advanced.	£2.50 Members £3.00 Non-Members	Tansy
50+ Beginners Pilates*	Tuesday	1.30-2.30pm	Pilates for beginners and new-comers.	£2.50 Members £3.00 Non-Members	Tansy
50+ Dancercise*	Tuesday	2.45-3.45pm	A fun dance class to improve fitness!	£2.50 Members £3.00 Non-Members	Tansy
Step Aerobics	Tuesday	6.30-7.30pm	An intense aerobic workout for all ages.	£4.00 per class	Annabel
Studio Cycling	Tuesday	7.30pm-8.30pm	Cycle to various speeds and intensities.	£4.00 per class	Michael
50+ Exercise to Music*	Wednesday	9.30am-10.30am	A dance class for all abilities and levels.	£2.50 Members £3.00 Non-Members	Jo-Anne
Lunchtime Yoga	Wednesday	12.30pm-1.30pm	Improve your posture and flexibility.	£4.00 per class	Howard
50+ Aqua Aerobics*	Wednesday	2.00-2.45pm	Work out to music in our swimming pool!	£2.50 Members £3.00 Non-Members	Zoë / Hannah
50+ Aqua Aerobics*	Wednesday	2.45-3.30pm	Work out to music in our swimming pool!	£2.50 Members £3.00 Non-Members	Zoë / Hannah
Fitness Aerobics	Wednesday	7pm-8pm	A fast aerobics class with an easy routine.	£4.00 per class	Jo-Anne
Body Tone	Wednesday	8pm-9pm	Tone up muscles in this popular class.	£4.00 per class	Jo-Anne
50+ Exercise to Music*	Thursday	10.30-11.30am	A dance class for all abilities and levels.	£2.50 Members £3.00 Non-Members	Jo-Anne
Fitness Pilates	Thursday	7-8pm	Strengthen muscles and body position!	£4.00 per class	Annabel
Fitness Aerobics	Thursday	8pm-9pm	Join this fast paced aerobics class!	£4.00 per class	Annabel
50+ Stretch & Tone*	Friday	3.00-3.45pm	Exercise class to help muscle movement.	£2.50 Members £3.00 Non-Members	Maria
Yoga	Friday	7pm-8pm	Work on your posture and body position.	£4.00 per class	Dhiyampati
Boxercise (starts 7 th February)	Sunday	10-11am	An exciting combat class! Pads provided.	£4.00 per class	Clare
Fitness Aerobics	Sunday	11-12noon	A fast paced aerobics class with an easy to learn routine. Come and join us!	£4.00 per class	Clare

* All 50+ class prices are dependant on whether you hold a Forever Active membership or a Sports Centre membership. For more information on Forever Active then please contact Helen Johnston at Cambridge City Council on 01223 457000 or email on helen.johnston@cambridge.gov.uk