

FITNESS CLASS TIMETABLE

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| MON | 9am-11am LITTLE CENTURIONS Children's stay and | 12pm-1pm STEP BACK IN TIME LOW IMPACT CIRCUITS | 5.30-6.30pm LEGS, BUMS & TUMS | 6.30-7.30pm LEGS, BUMS & TUMS | 7.45-8.45pm T.B.C. TOTAL BODY CONDITIONING |
| TUE | | | | 6.15-7.15pm AEROBICS ALL LEVELS | |
| WED | | | | 6pm-7pm LEGS, BUMS & TUMS | 7.15-8.15pm T.B.C. TOTAL BODY CONDITIONING |
| THU | | | | 6pm-7pm STEP BACK IN TIME LOW IMPACT CIRCUITS | |
| FRI | | | | RUNNING GOUP 6.00pm | |

TBC: Total Body Conditioning: A fun filled total body strength & conditioning circuit class, suitable for all levels.

Step back in Time: Low impact keep fit class for the more mature adult.

Legs, Bums & Tums: A fun, all round toning class, suitable for all levels.

Running Group: The perfect introduction to running. Suitable for all levels, and FREE

Class Prices: Fitness Member: £1.70 Club Members: £2.70 Non Members: £3.70

Swimming Pool Opening Times:

Mon- Fri 7.00am - 10.00pm, Weekends & Bank Holidays: 8.00am - 10.00pm

Closed:

Tuesday: 1.45pm - 3.15pm (Term time only)

Wednesday: 4.00pm - 6.30pm (Term time only)

