

FITNESS CLASS TIMETABLE

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)

