

Aerobics Timetable (updated Feb 2012)

Non-member prices:

Pilates-£4.00, Aqua Aerobics-£4.00, Studio Cycling-£4.50, Yoga-£5.00, Aerobics-£4.00

Zumba- £4.50, Parent and Toddler-£5.50, Revolution- £5.00 Members - £3.50

MONDAY	Time	Instructor	Level
Spin and Tone	6.45-7.45am	Sarah	All Levels
Hatha Yoga	9.30-11.00 am	Brenda	All levels
Aqua Aerobics	10.00-11.00 am	Mara	All levels
Aqua therapy	11.45am-12.30pm	Lynda	All levels
Modern Pilates	11.05am-12.00 pm	Mara	All levels
NEW! Revolution	2.15pm – 3.45pm	Martin	All levels
<i>Revolution- £5.00 Members - £3.50</i>			
90 minute challenge	5.30pm - 7 pm	Emma	All levels
Aqua Aerobics	7.00-7.50 pm	Lynda	All levels
Pilates	8.05-9.00 pm	Lynda	All levels
TUESDAY			
Studio cycling	7.00-7.45am	Sarah	All levels
Studio cycling	9.00-9.45am	Mara	All levels
Thighs, Tums, & Bums	10.00-11.00 am	Mara	All levels
Modern pilates	11.00am – 12pm	Mara	All Levels
Parent and Toddler swim session	11.00-11.45am	<i>Non-members - £5.50</i>	
Aqua Zumba	1.00-2 pm	Lynda	All levels
Body Conditioning	5.45-6.45 pm	Jackie	All levels
Studio cycling	7.00-7.45 pm	Jackie	All levels
WEDNESDAY			
Studio cycling	9.00 -9.45 am	Mara	All levels
Studio express Cycling	9.45-10.15pm	Mara	All levels
Aqua Aerobics	10.00-10.50 am	Lynda	All levels
Modern Pilates	11.00am-12.00 pm	Mara	All levels
Aqua Therapy, Remedial	11.00am-11.45am	Lynda	All levels
Pilates	5.50-6.50 pm	Mara	All levels
Zumba (in the ball room)	7.00-8.00 pm	Mara	All levels
THURSDAY			
Spin and Tone	6.45-7.45am	Sarah	All Levels
Studio cycling	9.00-9.45 am	Mara	All levels
Zumba (in the ball room)	10.00-11.00 am	Mara	All levels
Parent and Toddler swim session	11.00-11.45am	<i>Non-members - £5.50</i>	
Hatha Yoga	1.30-3.00 pm	Brenda	All levels
FRIDAY			
High/Low Impact Aerobics	9.45-10.45 am	Mara	All levels
Modern Pilates	11.00am-12.00 pm	Mara	All levels
Aqua aerobic (Term Time Only)	12.30-1.30 pm	Mara	All levels
SATURDAY			
NEW! Revolution	9.00-10.00 am	Martin	All levels
<i>Revolution- £5.00 Members - £3.50</i>			
SUNDAY			
Fitness Challenge	10-11.30am	Jackie / Emma	All levels

NOTE: If you have ANY queries please ask at the leisure desk or call 01253 716010.

Pre payment is required upon booking all classes. Classes are free to members

A minimum of 24 hours notice is required if you wish to cancel or move the pre-paid booking to a different date (I.e. if the booking is cancelled on the day the pre-payment will be lost)