



MONDAY	10.00 - 11.00 AREO TONE DIANE	11.30 - 12.15 STRETCH & TONE STEPH	12.30 - 1.00 AQUA SPLASH STEPH	1.00 - 2.00 FITNESS PILATES STEPH	5.00 - 6.00 CIRCUIT GYM	6.45 - 7.45 CIRCUIT GYM
TUESDAY	9.30 - 10.30 3 IN ONE COMBO SAM	10.30 - 11.30 CORE CONDITION SAM				6.30 - 7.15 FITNESS PILATES STEPH
WEDNESDAY	10.00 - 11.00 CIRCUIT GYM		11.00 - 12.00 FITNESS PILATES MAGGIE	12.30 - 1.00 AQUA SPLASH MAGGIE	5.00 - 6.00 CIRCUIT GYM	7.00 - 8.00 POWER CIRCUIT
THURSDAY	9.30 - 10.30 STEP 'N' SCULPT SAM/STEPH	10.30 - 11.15 CORE CONDITION SAM/STEPH			4.00 - 5.00 STRETCH & TONE	6.30 - 7.30 CIRCUIT GYM
FRIDAY	9.30 - 10.30 3 IN ONE COMBO SAM/STEPH	10.30 - 11.30 AERO TONE SAM/STEPH	11.30 - 12.15 STRETCH & TONE	12.30 - 1.00 AQUA SPLASH		
SATURDAY	10.30 - 11.30 3 IN 1 COMBO DIANE					

FULL MEMBERS CAN BOOK A WEEK IN ADVANCE FOR ALL CLASSES.

OFF PEAK MEMBERS CAN BOOK A WEEK IN ADVANCE FOR CLASSES DURING THE TIMES OF 9AM TILL 5PM MONDAY TO FRIDAY.

WEEKEND MEMBERS CAN BOOK A WEEK IN ADVANCE FOR THE WEEKEND CLASSES.

IF YOU ARE A MEMBER AND WOULD LIKE TO ATTEND A DIFFERENT CLASS OUTSIDE YOUR MEMBERSHIP, THEN YOU CAN ONLY BOOK ON THE DAY OF THE CLASS AND THERE WOULD BE A £3.00 CHARGE.

AQUA SPLASH	Aerobics in water involving water resistance equipment to provide an all over tone.
AREO TONE	½ an hour aerobics and ½ hour toning class.
BODY SCULPT	A class to tone and build muscle using a variety of resistances.
CORE CONDITION	An approach to fitness improving flexibility, strength and suppleness.
CIRCUIT GYM	Take this class to your own level with various resistance for a maximum workout.
FITNESS PILATES	Improve posture and imbalances, and tone muscles.
POWER CIRCUITS	High impact circuit class to challenge the heart, lungs and muscles.
STRETCH & TONE	A class aimed to relax, unwind, stretch, flex and tone your body.
STEP 'N' SCULPT	Choreographed step routine to burn those calories and tone.
3 IN ONE COMBO	A combination of different type of classes.

To book any of the classes or for more information please call 01922 450709.