

Studio Timetable 2023

MONDAY

11.30-12.30	Fit for Fifty	Emily	All
18:00-18:45	HiiT em up	Bobby	All
19:30-20:30	Yoga	Adele	All

TUESDAY

17.30-18.00	Absolute Abs	Bobby	All
19:30-20:15	Yoga	Michelle	All

WEDNESDAY

13:00 -14:00	Aqua Aerobics	Lisa	All
18:30-1930	Pilates	Becky	All

THURSDAY

19:30-20:30	Yoga	Kathy	All
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FRIDAY

18:30-19:30	Cardio Hip Hop	Bobby	All
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SATURDAY

10.00-11.00	Yoga	Alex	All
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SUNDAY

10:00-11:00	Full Body Blast	Emily	All
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Class Descriptions:

Full Body Blast - A challenging 20 minutes of Aerobics, 20 minutes of Cardio Combat, 20 minutes of Toning. Set yourself up for your Sunday!

Aqua Aerobics - A toning, calorie-burning, workout based on both muscle strength and cardio exercises in the Swimming Pool! Have a fun, wet, fitness workout.

Absolute Abs - 30 minute core workout that hits those stubborn areas, tummy hips and lower back. Great for posture support.

LBT - Strengthen and tone those legs bums and tums in this 45 minute workout that really hits the spot.

Cardio Hip Hop - Work that booty, those abs and everything else in this elevated, Hip Hop dance exercise work out. Get fit the fun way.

Pilates - A set of 12 exercises designed to mobilize the spine, strengthen abs & realign posture. Particularly effective for relief of back pain.

Yoga - A class designed to improve your relaxation and flexibility via mental techniques and postural holds.

Fit over 50 - A slightly less intense and fun aerobic workout for the over 50s

HiiT em up - 45 minute circuit style work out.

LEVEL KEY:

I - A = Intermediate to Advanced. A good level of fitness is recommended.

All = Suitable for all levels of fitness, as you work at your own pace.

L - M = Low to Medium intensity workout. Suitable for beginners.

£6 PER CLASS FOR NON-MEMBERS