



CARDIO STUDIO/POOL CLASSES

Monday

- 9.30 -10.15am – **Circuit and Spin** – A light and gentle workout to set you up for the week incorporating the Spin bikes and body toning exercises.
- 10.30 – 11.15am – **Evergreens (50+ Shape and Tone)** – Stretching and light exercises, suitable for all levels of ability.
- 6:00 – 7:00 pm **Ladies Running Academy** – Beginner/Intermediate Class – Learn to run and have fun!
- 7:00 – 8:00 pm **Ladies Running Academy** – Intermediate/Advanced Class – Speed, Endurance & Technique
- 7.00 – 8.00pm – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.

Tuesday

- 10.30 – 11.30 am – **Total Body Conditioning** - A class to tone and strengthen the whole body.
- 11:00 – 12.00pm – **Deep Water Aquafit** - Exercise in deep water with floatation belts to keep you buoyant.
- 6.15 -7.15pm – **Step & Abs** – A combination of step aerobics with some toning to complete an all over workout.
- 7.15 – 8.15pm – **Total Body Conditioning** - A class to tone and strengthen the whole body.

Wednesday

- 9.30 – 10.15am – **Legs, Bums and Tums**– A class to shape, trim and tone these vulnerable areas of the body.
- 10.30 – 11.30am – **Pilates Based Exercises** - aiming to strengthen and stretch the body, while improving circulation and lung capacity.
- 12:15 – 1.15pm – **Shallow Water Aquafit** – A water based aerobic session for a low impact all over body workout.
- 6.00 – 6.45pm, 7.00 – 7.45pm – **Spinning** - A great workout using static bikes with some popular music to cycle along to.

Thursday

- 9.30 – 10.30 am – **Step & Abs** – A combination of step aerobics with some toning exercises to complete an all over workout.
- 10.45 – 11.30am – **Evergreens (50+ Heartfit)** – A gentle workout to exercise your heart & soul, suitable for all levels of ability.
- 6.00 – 7.00pm – **Deep Water Aquafit** - Exercise in deep water with floatation belts to keep you buoyant.
- 6.15 – 7.00pm – **Spinning** - A great workout using static bikes with some popular music to cycle along to.
- 7.15 - 8.15pm – **Total Body Conditioning** – A class to tone and strengthen the whole body.

Friday

- 9.15 – 10.00am – **Spinning** - A great workout using static bikes with some popular music to cycle along to.
- 10.30 – 11.30 – **Shallow Water Aquafit** - A water based aerobic session for a low impact all over body workout.
- 12.00 – 12.45 pm – **Stretch & Tone** – Stretching and light exercises to strengthen the whole body.
- 6.00 – 7.00pm – **Pilates Based Exercises** - aiming to strengthen and stretch the body, while improving circulation and lung capacity.

Saturday

- 7.30 – 9.00 am – **Adult Triathlon Drop-in Session** – Get some training and focus on good techniques, training drills and the technical side to triathlon to help develop a good all round triathlete.
- 7.30 – 8.30 am – **Masters Swim Drop-in Session** – Develop your swimming skills and stamina at this coached swim session for adults.
- 9.15 – 10.00 – **Spinning** – A great way to set you up for the weekend with this energetic workout on bikes.

BOOK NOW TO SECURE A PLACE

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PAYMENT NEEDED AT TIME OF BOOKING DUE TO LIMITED SPACE

