

Spring 2010

Day	Class	Time	Instructor
Monday	Spinning	7.00 - 7.45am	Anthony
	Tri-Challenge	9.30 - 10.25am	Tracey
	Salsacise	10.30 - 11.25am	Ruth
	Aquacise	11.00 - 11.45pm	Myra
	Pilates	12.30 - 1.25pm	Richard
	Body Conditioning	6.00 - 6.55pm	Tracey
	Aqua Fit	6.30 - 7.15pm	Camilla
	Spinning	6.30 - 7 - 15pm	Julie M
	Pilates	7.00 - 7.55pm	Tracey
	Spinning	7.30 - 8.30pm	Michelle
Tuesday	Boot Camp Circuit	7.00 - 7.45am	Gym Team
	Ladies Circuit	9:30 - 10:15am	Kirsty
	Fit 50's	10.30 - 12.00pm	Hayley
	Pilates	12.30 - 1.25pm	Richard
	Yoga	5.30 - 6.25pm	Julia
	Aerobic Moves	6.30 - 7.25pm	Tony
	Spinning	7.30 - 8.30pm	Ian
	Circuits	7.30 - 8.25pm	Tony
Wednesday	Spinning	9.30 - 10.15am	Kirsty
	Body Conditioning	10.15 - 11.10am	Linda
	Aquacise	10.15 - 11.00am	Mary
	Stretch	11.15-12.10pm	Linda
	Fitball	6.00 - 6.55pm	Anthony
	Spinning	7.00 - 7.45pm	Camilla
	Body Conditioning	7.00 - 7.55pm	Tracey

Day	Class	Time	Instructor
Thursday	Yoga	9.30 - 10.55am	Jacqueline
	Step	11.00 - 11.55pm	Richard
	Fitball	12.00 - 12.55pm	Richard
	Pump	6.00 - 7.00pm	Camilla
	Spinning	6.30 - 7.15pm	Julie M
	Fitness Pilates	7.00 - 7.55pm	Camilla
	Spinning	7.30 - 8.30pm	Lori
	Friday	Legs,Bums & Tums	9.30 -10.25 am
Spinning		9.45 - 10.30am	Tracey
Over 50s Circuit		10.30 - 11.15am	Gym Team
Aquacise		10.30 -11.15am	Hayley
Relaxation		11.30 - 12.25pm	Hayley
Pilates **		12.30 - 1.25pm	Zanna
Saturday	Pilates	1.30 - 2.25pm	Zanna
	Spinning	9.15 - 10.15am	Ian
	Spinning	10.30 - 11.15am	Julie
Sunday	Body Conditioning	10.30 - 11.25am	Tracey
	Body Conditioning	9.30 - 10.25am	Julie
	Spinning	10.00 - 11.00am	Michelle
	Fitness Pilates	10.30 - 11.25am	Camilla

Classes are subject to change.

Please book your place in the class

Classes can be booked 1 week in advance.

Please sign in for your class at Reception when you arrive

Please bring a water bottle and a sweat towel to all classes

**** This class will occasionally be a 6-week beginner course.**

Telephone 01438 313320