

# Fitness

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## PROGRAMME

<b>MONDAY</b>	9.15am	Yoga £ (Studio 4)
	9.15am	Studio Cycling (Studio 3)
	9.30am	Aquafit £ (Studio Pool)
	10.00am	Young @ Heart (Sports Hall)
	10.00am	Aerotone (Studio 2)
	10.15am	■ Healthy Life (Gym)
	10.30am	Salsacise (Studio 4)
	11.15am	■ Exercise to Music GP Referral (Studio 2)
	11.30am	■ Healthy Life Intro (Gym)
	1.00pm	MS Group (Gym)
	5.30pm	Studio Cycling beginners (Studio 3)
	6.10pm	■ Aquafit £ (Studio Pool)
	6.30pm	Studio Cycling (Studio 3)
	7.10pm	Aquafit Deep Water £ (Studio Pool)
7.15pm	Gravity (Studio 4)	
7.30pm	Studio Cycling (Studio 3)	
<b>TUESDAY</b>	9.20am	Total Body Workout (Studio 2)
	9.30am	Aquafit £ (Studio Pool)
	10.15am	■ Healthy Life (Gym)
	10.30am	Pilates (Studio 3)
	10.45am	Salsacise (Studio 4)
	11.30am	■ Healthy Life Intro (Gym)
	1.00pm	Gravity (Studio 4)
	3.30pm	■ Healthy Life Casual (Gym)
	5.30pm	Gravity beginners (Studio 4)
	6.30pm	Pilates Course (Studio 3)
	6.30pm	Gravity (Studio 4)
	7.00pm	Yoga £ (Studio 2)
	7.30pm	Step (Studio 3)
	7.30pm	Gravity (Studio 4)
<b>WEDNESDAY</b>	9.15am	Studio Cycling (Studio 3)
	10.15am	Legs, Bums & Tums (Sports Hall)
	10.30am	Tai Chi (Studio 4)
	11.15am	■ Healthy Life Exercise to music (Studio 2)
	11.30am	■ Healthy Life (Gym)
	1.15pm	■ Healthy Life intro (Gym)
	2.05pm	■ Healthy Life Aquafit £ (Studio Pool)
	2.30pm	■ Healthy Life (Gym)
	2.45pm	■ Healthy Life Aquafit £ (Studio Pool)
	4.00pm	■ Junior Cycling (Studio 3)
	5.30pm	Studio Cycling (Studio 3)
	6.00pm	Salsacise (Studio 4)
	6.15pm	Aerotone (Studio 2)
	6.10pm	Aquafit £ (Studio Pool)
6.30pm	Studio Cycling (Studio 3)	
7.00pm	Tai Chi (Studio 4)	
7.10pm	Aquafit £ (Studio Pool)	
7.15pm	Street Dance (Studio 4)	
<b>THURSDAY</b>	9.20am	Step (Studio 3)
	9.30am	Aquafit £ (Studio Pool)
	10.20am	Aquafit £ Studio Pool
	10.45am	Core Stability (Studio 3)
	11.30am	■ Healthy Life (Gym)
	1.15pm	■ Healthy Life Intro (Gym)
	3.30pm	■ Healthy Life Casual (Gym)
	6.00pm	Core Stability (Studio 3)
	6.30pm	■ Healthy Life Casual (Gym)
	7.00pm	Boxacise (Studio 2)
	8.00pm	Pilates Course (Studio 3)

<b>FRIDAY</b>	9.30am	Studio Cycling (Studio 3)
	10.00am	Aerotone (Studio 2)
	10.30am	Young @ Heart (Sports Hall)
	11.15am	■ Healthy Life Exercise to Music (Studio 2)
	12.15pm	Studio Cycling (Studio 3)
	1.15pm	Gravity (Studio 4)
	2.05pm	■ Healthy Life Aquafit £ (Studio Pool)
	2.45pm	■ Healthy Life Aquafit £ (Studio Pool)
<b>SATURDAY</b>	5.30pm	Aerotone (Studio 2)
	6.30pm	Gravity (Studio 4)
	10.15am	■ Healthy Life (Gym)
	11.30am	■ Healthy Life Intro (Gym)
	4.30pm	Studio Cycling (Studio 3)
5.30pm	Studio Cycling (Studio 3)	
<b>SUNDAY</b>	4.30pm	Aquafit £ (Studio Pool)
	5.15pm	Aquafit £ (Studio Pool)
	5.30pm	Studio Cycling (Studio 3)
	6.15pm	Aquafit Deep Water £ (Studio Pool)
	6.30pm	Studio Cycling (Studio 3)

■ Suitable for Healthy Life Referral participants

■ Suitable for children

£ Not included in Fitness Membership

Most classes last for 45 mins to 1 hour.