

Fitness classes



MEMBERSHIP

An ideal way to cut costs and increase your fitness. Membership includes induction to the gym, a personalised programme, nutritional advice and a choice of unlimited swimming, fitness classes or gym use.

Fitness & Swim

- Free fitness induction
- Unlimited use of fitness gym (14 years & older)
- Free swimming (excludes courses & lessons)
- Free fitness classes including Aquarobics
- Free badminton (weekends only)
- Free *ALCARD*

Swim Only

- Unlimited pool use (excludes courses & lessons)
- Free Aquarobics
- Free *ALCARD*

SPECIAL OFFERS

- 10% OFF when any **COUPLE** join together.
- 15% OFF when 3 family members join together
- 20% OFF when 4 family members join together
- 30% OFF when 5 family members join together
- 50% OFF for green *ALCARD* holders

Better Swimmers Sooner (swim programme)

- Free use of pool for children
- Free *ALCARD*

CLASS PROGRAMME

MON	9.30am - 10.30am	Salsacise
	11.00am - 11.45am	Pilates
	12.00pm - 12.45pm	Pump FX
	4.30pm - 6.00pm	Shotokan Karate
	6.15pm - 7.00pm	Spinning
	7.15pm - 8.00pm	Spinning

TUES	10.00am - 10.45am	Step
	11.00am - 12.00pm	Tai Chi (starts 16 Sept)
	12.00pm - 12.45pm	Pilates
	1.00pm - 3.00pm	Cardiac Rehab
	5.15pm - 6.00pm	Circuits
	6.15pm - 7.00pm	Circuits
	7.15pm - 8.00pm	Pump FX

WED	10.00am - 10.45am	Legs, bums & tums
	11.00am - 11.45am	Pilates
	12.00pm - 12.45pm	Spinning
	1.30pm - 2.30pm	Line Dancing
	2.30pm - 3.30pm	Line Dancing
	5.00pm - 5.45pm	Step
	6.00pm - 6.45pm	Legs, bums & tums
	7.00pm - 7.45pm	Pump FX
	8.00pm - 8.45pm	Pilates

THUR	10.00am - 10.45am	Spinning
	11.00am - 11.45am	Pump FX
	1.00pm - 3.00pm	Cardiac Rehab
	6.15pm - 7.00pm	Circuits
	7.15pm - 8.00pm	Circuits

FRI	5.15pm - 6.00pm	Spinning
	6.15pm - 7.00pm	Spinning

SUN	10.00am - 10.45am	Spinning
	11.00am - 11.45am	Pump FX

CLASS DESCRIPTIONS

Pilates

A mat based class for 'All' to improve posture by working on the deeper set abdominals and back muscles. Slow controlled movements lengthening and strengthening muscles.

Spinning

An indoor cycling class set to highly motivating music. An excellent cardio vascular (aerobic) workout.

Pump FX

An exciting and challenging resistance class designed to work and strengthen muscles.

Circuits

Complete cardio vascular and strength workout. An excellent full body challenge on various pieces of equipment, working to your own ability. **No co-ordination required.**

Legs, Bums & Tums

A lower body workout, working on what some would class 'a troublesome area'.

Suitable for all levels.

Step

An excellent fun way to have a good aerobic workout aimed at all levels.

A little co-ordination needed.

Tai Chi

An exercise to promote balance relaxation and deep strength.

CLASS PRICES

	Full Price	Purple AL Card	Green AL Card
Adult	£6.65	£5.00	£2.50
60+	£5.00	£3.75	£1.90
Jnr/FTS*	£3.75	£2.80	£1.40

*FTS = Full Time Student