

Fitness

PROGRAMME

Most classes last for 45 mins to 1 hour.

MONDAY

9.30am	Schwinn Indoor Cycling (3)
10.00am	Young @ Heart (SH)
10.15am	Bums & Tums (1)
10.30am	Boxacise (2)
11.30am	Exercise to Music GP Referral (1)
11.30am	Healthy Life (G)
12.15pm	Schwinn Indoor Cycling (3)
1.00pm	MS Group (G)
4.00pm	Dance Mat Explosion (4)
5.00pm	Dance Mat Explosion (4)
5.00pm	Beginners Schwinn Indoor Cycling (3)
6.00pm	Beginners Aquafit (SP)
6.30pm	Schwinn Indoor Cycling (3)
7.00pm	Aquafit (SP)
7.00pm	Gym Start (G)
7.30pm	Schwinn Indoor Cycling (3)

TUESDAY

9.45am	Total Body Workout (2)
10.45am	Salsa aerobics (2)
10.30am	Healthy Life (G)
11.30am	Healthy Life Intro(G)
1.15pm	Gravity Group Strength (3)
1.15pm	Cardiac rehab (1)
4.45pm	Dance Mat Explosion (4)
5.15pm	Beginners Gravity Group Strength(3)
5.45pm	Dance Active (4)
6.00pm	Core Stability (1)
6.15pm	Gravity Group Strength (3)
7.00pm	Yoga £ (4)
7.15pm	Step Aerobics (1)
7.15pm	Gravity Group Strength (3)
7.30pm	Supercircuits (2)

WEDNESDAY

9.30am	Schwinn Indoor Cycling (3)
10.00am	Tai Chi (1)
10.15am	Bums & Tums (SH)
11.30am	HL Exercise to music (1)
11.30am	Healthy Life (G)
1.30pm	Healthy Life intro (G)
2.00pm	Healthy Life Aquafit (SP)
2.30pm	Healthy Life (G)
4.00pm	Dance Mat Explosion (4)
5.00pm	Kid Fit (4)
5.30pm	Schwinn Indoor Cycling (3)
6.00pm	Beginners Aquafit (SP)
6.30pm	Schwinn Indoor Cycling (3)
6.45pm	Tai Chi (1)
7.00pm	Aquafit (SP)
8.00pm	Beginners Tai Chi (1)

THURSDAY

9.30am	Step Aerobics (2)
10.45am	Core Stability (1)
11.30am	Healthy Life (G)
1.15pm	Cardiac Rehab (1)
6.00pm	Core Stability (1)
6.15pm	Gravity Group Strength (3)
7.00pm	Pilates Course (1)
7.00pm	Boxacise (2)
7.30pm	Gravity Group Strength (3)
8.00pm	Pilates Course (1)

FRIDAY

9.30am	Schwinn Group Cycling
9.30am	Gym Start (G)
10.15am	Total Body Workout (2)
10.30am	Young @ Hearts (SH)
10.30am	Free Weight Tuition (G)
10.30am	Healthy Life Circuit (1)
11.30am	Healthy Life (G)
12.15pm	Schwinn Group Cycling (3)
1.15pm	Core Flex (1)
2.00pm	Healthy Life Aquafit (SP)
4.00pm	Gym Start Teens (G)
5.30pm	Supercircuits (2)

SATURDAY

9.15am	Supercircuits (2)
9.30am	Dance Mat Explosion (1)
10.30am	Dance Mat Family (1)
10.30am	Healthy Life (G)
10.30am	Healthy Life Intro (G)
4.00pm	Schwinn Indoor Cycling (3)
5.30pm	Gravity Group Strength (3)

SUNDAY

10.00am	Gym Start (G)
5.00pm	Beginners Aquafit (SP)
5.30pm	Schwinn Indoor Cycling (3)
6.00pm	Aquafit (SP)
6.30pm	Schwinn Indoor Cycling (3)

- 1 = Studio 1**
- 2 = Studio 2**
- 3 = Studio 3**
- 4 = Studio 4**
- G = Gym**
- SP = Studio Pool**
- SH = Sports Hall**