

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18:10 Yoga (Miranda)	07:15 Spinning (Vikki)	07:00 Boot Camp (Pete) - Sports Hall	07:15 Kum Nye Yoga (Paula)	09:30 Body Blast (Vikki)- Sports Hall
18:10 Boot Camp (Tim) - Sports Hall	09:30 Yoga (Miranda)	18:15 Spinning (Sarah)	09:30 Yoga (Miranda)	18:10 Boot Camp (Pete) - Sports Hall
19:15 Boxercise (Aidan)	11:00 Pilates (Paula)	19:00 Lean & Mean (Sarah)	12:15 Pilates (Paula)	
20:00 Aqua Fit (Vikki) - Swimming Pool	12:30 Spinning (Tim)	19:30 Tone & Flex (Sarah)	18:15 Pilates (Alexandra)	
20:15 Pilates (Aidan)	18:10 Pilates (Paula)		19:15 Yoga (Laura)	
	19:15 Body Blast (Vikki)		20:15 Spinning (Tim)	

### MEMBERS

Free of Charge (there is a non attendance fee of £6.00 and a late cancellation fee if less than 6 hour notice is given of £6.00)

### NON MEMBERS

£6.00 (payment required at time of booking and non transferable)

**AQUA FIT:** aerobics in the swimming pool, it is a great way to get fit (buoyancy lifts and supports the body, giving a wonderful feeling of freedom).

**BODY BLAST:** is a focused conditioning class designed to work out the entire body using simple, effective exercises.

**BOOT CAMP:** A high intensity, high calorie burning circuit class that conditions the body with resistance and aerobic training. With the use of various equipment / training techniques this class will define/strengthen your body and mind.

**BOXERCISE:** using pads and gloves to build combinations and perform fun but challenging non-contact boxing drills. Boxercise uses both aerobic and anaerobic training methods allowing you to burn in excess of 1000 calories per class.

**KUM NYE YOGA:** is a subtle system of sensitive physical exercise techniques. It is mindfulness of body, feelings, breath, senses & mind: this is achieved through postures, movement, breathing techniques, self massage stillness and meditation. Please wear layered clothing and bring a along with you a cushion & a blanket.

**LEAN & MEAN:** 30 minutes fat burning circuit. This is a high intensity quick moving workout with structured rest intervals, designed to double your calorie burn for the following 24 hours.

**PILATES:** mat based, improves posture, mobility, flexibility, strength and muscle tone in core, buttocks, thighs, arms, shoulders & back.

**SPINNING:** all fitness levels can work together in this motivating calorie burning class. Helps to improve stamina and aerobic capacity.

**TONE & FLEX:** 20 minutes strength and tone focusing on hips, thighs and upper arms; 20 minute of core and abdominal work; 20 minutes stretching to lengthen and improve posture and flexibility. Feel taller, lighter and tighter in three focused steps.

**YOGA:** a class to improve your suppleness and flexibility. A great way to reduce stress and keep fit.