

## Autumn Fitness Programme

(Effective from 5th September 2022)

### Fitness Classes



Class Name	Time	Cost	Location
<b>Monday</b>			
Aquafit	9.15am - 10.00am	£4.00	Main Pool
Total Body Workout ★	10.30am - 11.15am	£4.00	Main Hall
Studio Cycling	6.00am - 6.45pm	£4.00	Spin Studio
Yoga ★	6.00pm - 6.45pm	£4.00	Main Hall
Sweat 45	7.00pm - 7.45pm	£4.00	Main Hall
Breath Work ★	8.00pm - 8.45pm	£4.00	Main Hall
<b>Tuesday</b>			
Aquafit	9.15am - 10.00am	£4.00	Main Pool
Fit 50+ Club <small>(Gym 10.00 - 10.30am / Class 10.30 - 11.15)</small>	10.30am - 11.15am	£2.00	Gym / Main Hall
HIIT Circuits	6.00pm - 6.45pm	£4.00	Main Hall
Studio Cycling	7.00pm - 7.45pm	£4.00	Spin Studio
Swim Fit	8.00pm - 8.45pm	£4.00	Main Pool
<b>Wednesday</b>			
Circuits	6.30am - 7.15am	£4.00	Main Hall
Aquafit	9.15am - 10.00am	£4.00	Main Pool
Yoga	9.30am - 10.15am	£4.00	Main Hall
Yoga	6.00pm - 6.45pm	£4.00	Main Hall
Studio Cycling	6.00pm - 6.45pm	£4.00	Spin Studio
Core Conditioning ★	7.00pm - 7.45pm	£4.00	Main Hall
<b>Thursday</b>			
Aquafit	9.15am - 10.00am	£4.00	Main Pool
Fit 50+ Club <small>(Gym 10.00 - 10.30am / Class 10.30 - 11.15)</small>	10.30am - 11.15am	£2.00	Gym / Main Hall
Functional Fitness ★	6.00pm - 6.45pm	£4.00	Main Hall
Studio Cycling	7.00pm - 7.45pm	£4.00	Spin Studio
Swim Fit <small>(from 20th September)</small>	8.00pm - 8.45pm	£4.00	Main Pool
<b>Friday</b>			
Circuits	6.30am - 7.15am	£4.00	Main Hall
Aquafit	9.15am - 10.00am	£4.00	Main Pool
Legs, Bums & Tums ★	10.30am - 11.15am	£4.00	Main Hall
Barbell Workout ★	6.00pm - 6.45pm	£4.00	Main Hall
<b>Saturday</b>			
Circuits <small>(From 8th Oct)</small>	9.00am - 9.45am	£4.00	Main Hall