

FITNESS PROGRAMME: 4TH JANUARY 2010 ONWARDS

THURSDAY

MONDAY

9.30am—10.15am	Introductory SPINNING (<i>Cliff</i>)
11.00am—11.45am	BODY TONE (<i>Diane</i>)
12.00pm—12.45pm	Aqua Aerobics (<i>Diane</i>)
12.00pm—1.30pm	HATHA YOGA FOR ALL Suitable for Beginners (<i>Rose</i>)
5.15pm—6.00pm	Cardio Gym 13years +
5.15pm—6.00pm	Splash 8years +
6.00pm—7.00pm	Stability Ball (<i>Clifton</i>)
7.10pm—8.10pm	SPINNING (<i>Melissa</i>)

TUESDAY

10.00am—11.00am	Inter / Adv. PILATES (<i>Christine</i>)
11.15am—12.00pm	Boxercise (<i>Shelley</i>)
12.00pm—1.00pm	BTS Body Balance (<i>Shelley</i>)
5.15pm—6.00pm	Cardio Gym 13years +
6.30pm—7.30pm	SPINNING (<i>Clifton</i>)

WEDNESDAY

10.30am—11.30am	BODY TONE (<i>Shelley</i>)
11.30am—12.30pm	PILATES (<i>Christine</i>)
12.45pm—1.30pm	AQUA AEROBICS (<i>Shelley</i>)
4.30pm—5.15pm	Cardio Gym 13years +
5.00pm—5.45pm	Splash 8years +
6.00pm—7.00pm	Circuit Training
7.10pm—8.10pm	SPINNING (<i>Melissa</i>)

FRIDAY

9.00am—10.00am	Power Chi Yoga (<i>Debi</i>)
10.10am—10.55am	SPINNING (<i>Clifton</i>)
11.00am—11.45am	BODY TONE (<i>Diane</i>)
12.00pm—12.45pm	Aqua Aerobics (<i>Diane</i>)
1.00pm—2.00pm	Pilates (<i>Christine</i>)
4.30pm—5.15pm	Cardio Gym 13years +
5.15pm—6.00pm	Splash 8years +
6.00pm—7.00pm	Circuit Training

SATURDAY

9.00am—10.00am	SPINNING
10.00am—10.45am	Splash 8years +
10.30am—11.30am	BARBELL BLITZ (<i>Roxann</i>)
11.45am—12.45pm	PILATES (<i>Roxann</i>)
4.00pm—4.45pm	Cardio Gym 13years +

SUNDAY

9.45am—10.45am	Circuit Training
4.00pm—4.45pm	Cardio Gym 13years +

CLASS DESCRIPTIONS:

Aqua Aerobics—water based aerobics for all ages and levels. Provides cardio and toning.

Circuit Training—Improves mobility, stamina and strength using a variety of equipment. Suitable for all levels.

BARBELL BLITZ—Highly motivating way to tone and define those major muscle groups using weights.

SPINNING—No complicated moves to learn, a motivating group environment and music that begs your legs to pedal.

POWER CHI Yoga—Shape, tone and stretch your body and create a deep sense of inner peace and harmony.

HATHA YOGA—Improves strength, balance and destresses. Relax and build and supple mind and body.

BTS Body Balance—Invigorates, tones and releases tight and tense muscles.
Body Conditioning—a fun way to tone and build muscles.

BOXERCISE—Fun and energetic cardio workout, incorporating aerobic style and boxercise movements.

BODY TONE—Fun and effective toning class, using a range of exercises and stability balls to one and strengthen muscles.

Cardio Gym 13years+ - Supervised session in the fitness suite using cardiovascular equipments.

All classes highlighted in **RED** can only be booked on the day of the class.
7 day booking process applies to all other classes.

