

Fitness

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PROGRAMME

MONDAY	7.10am - 7.50am	Gravity	
	9.15am - 9.30am	Ab Attack (members only)	
	9.30am - 10.20am	Total Body Workout	
	10.30am - 11.15am	Studio Cycling	
	10.30am - 11.20am	Young @ Heart	
	11.30am - 12.30pm	Pilates (Intermediate)	
	1.00pm - 2.30pm	Hatha Yoga (Course)	
	2.30pm - 3.30pm	GP Referral	
	6.00pm - 6.50pm	Boxercise	
	7.00pm - 7.50pm	Fitball	
	7.00pm - 8.00pm	Belly Dancing	
	7.00pm - 8.30pm	Circuits (WestWorld)	
	7.15pm - 8.00pm	Studio Cycling	
	8.00pm - 8.50pm	Chi Yogalates	
	TUESDAY	9.15am - 9.30am	Ab Attack (members only)
		9.30am - 10.20am	Aeroblast
10.30am - 11.15am		Studio Cycling	
10.30am - 11.20am		Young @ Heart	
10.30am - 11.30am		Core Conditioning	
11.30am - 12.20pm		Healthy Life Class	
11.30am - 12.30pm		Jog Squad (beginners)	
3.45pm - 4.30pm		Cheerleading (5-10 yrs)	
4.30pm - 5.15pm		Cheerleading (11-16 yrs)	
5.30pm - 6.15pm		Gravity	
6.30pm - 6.50pm		Ab Attack	
6.30pm - 7.30pm		Weight Loss Workout (10 week course)	
7.00pm - 7.45pm		Studio Cycling	
7.00pm - 7.50pm		Aerobics	
7.00pm - 8.30pm		Iyengar Yoga (creche)	
8.00pm - 8.40pm		Studio Cycling	
WEDNESDAY	9.30am - 10.15am	Gravity Circuits	
	9.30am - 10.00am	Boogie Babies (2-3 yrs/bowls pavilion)	
	10.00am - 10.30am	Boogie Babies (2-3 yrs/bowls pavilion)	
	10.30am - 11.15am	Studio Cycling	
	10.30am - 11.20am	Young @ Heart	
	11.30am - 12.30pm	Pilates (beginners)	
	12.30pm - 1.15pm	Adaptability Chair Based Class	
	3.30pm - 4.00pm	*Chart Toppers (3-4 yrs)	
	4.00pm - 4.30pm	*Chart Toppers (5-8 yrs)	
	4.30pm - 5.15pm	*Chart Toppers (9+ yrs)	
	6.00pm - 6.50pm	Pure Step	
7.00pm - 7.50pm	Total Body Workout		
THURSDAY	9.15am - 9.30am	Ab Attack (members only)	
	9.30am - 10.20am	Aerotone	
	10.30am - 11.15am	Studio Cycling	
	10.30am - 11.20am	Young @ Heart	
	11.30am - 12.30pm	Healthy Life Class	
	4.30pm - 5.15pm	Junior Gym (8-13 yrs)	
	6.00pm - 6.50pm	Boot Camp Workout	
	6.00pm - 7.00pm	Pilates (creche)	
	6.00pm - 6.45pm	Studio Cycling	
	7.00pm - 7.45pm	Studio Cycling	
	7.00pm - 8.30pm	Iyengar Yoga beginners	
FRIDAY	9.15am - 9.30am	Ab Attack (members only)	
	9.30am - 10.20am	Legs, Bums & Tums	
	10.30am - 11.15am	Studio Cycling	
	10.30am - 11.25am	Salsacise	
	11.30am - 12.00pm	LT Fit Club	
	1.15pm - 2.15pm	Post Natal	
	4.15pm - 5.00pm	Aerobics - beActive Klub (8-13 yrs)	
	5.30pm - 6.15pm	Gravity	
	6.30pm - 7.20pm	Boxercise	

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SATURDAY	9.00am - 10.15am	Iyengar Yoga (Intermediate)
	9.15am - 10.00am	Studio Cycling
	10.30am - 11.00am	Junior Yoga (8-12 yrs)
	11.00am - 11.45am	Teen Yoga (13+ yrs)
SUNDAY	9.30am - 10.20am	The Firming Programme
	10.30am - 11.15am	Studio Cycling
	10.30am - 11.30pm	Fit to Dance
	2.30pm - 3.15pm	Junior Gym (8-13 yrs)
	3.30pm - 4.15pm	Junior Gym (8-13 yrs)

■ Suitable for Healthy Life Referral participants

■ Suitable for children

* Courses must be booked in advance

HEALTHY LIFE GYM SESSIONS

Monday	12.30pm - 2.30pm
Wednesday	2.00pm - 4.00pm
Friday	12.00pm - 2.00pm
Saturday	2.00pm - 4.00pm

COURSES

Ballet: Royal Academy of Dancing and International Dance Teachers Association syllabus.

Boogie Babies: Fun exercise group for 2 to 3 years and parents, improving balance, co-ordination and motor skills.

Chart Toppers: Fun dance class. Disco, hip-hop, street and stage and other dance styles for boys and girls aged 3 - 16 years.

Cheerleading: Dust off your pompoms and learn choreographed cheerleading routines. Ages 5 - 10 & 11 - 16 years.

Hatha Yoga: Relaxation and meditation to reduce stress and increase fitness.

Junior Swim Lessons: For aged 4+ following the Amateur Swimming Association Syllabus.

Swim Lessons: Water confidence lessons for pre-school children with carer.

Weightloss Workout: Gentle exercise class combined with dietary advice and support.