

Group Fitness Timetable

Dance Studio Timetable

	TIME	CLASS	COST
Monday	09.30 - 10.30	Body Ball	£2.20
	18.30 - 19.30	Legs, Bums & Tums	£4.10
	19.30 - 20.15	Step & Tone	£4.10
	20.15 - 21.15	Pilates	£4.10
Tuesday	09.30 - 10.30	Body Conditioning	£2.20
	18.00 - 18.45	Body Conditioning	£4.10
	18.45 - 19.30	Circuit Training	£4.10
	19.30 - 20.00	ABS Blast	£4.10
	20.00 - 21.00	Yoga	£4.70
Wednesday	09.30 - 10.30	Fitness Yoga	£4.70
	17.15 - 18.15	Pilates	£4.10
	18.15 - 19.00	Body Sculpt	£4.10
	19.00 - 20.00	Circuit Training/Core Stability	£4.10
Thursday	09.30 - 10.30	Legs, Bums & Tums	£2.20
	18.00 - 18.45	Body Conditioning	£4.10
	18.45 - 19.30	Legs, Bums & Tums	£4.10
	19.30 - 20.30	Yoga	£4.70
Friday	17.30 - 18.30	Tai Chi	£4.10
	18.30 - 19.30	Tai Chi	£4.10
Sunday	10.00 - 10.45	Legs, Bums & Tums	£2.20
	11.00 - 11.45	Legs, Bums & Tums	£2.20

The information contained is subject to change

Valid from March 2009



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To all Health Suite users

The following rules are in effect: -

1. Shaving is not permitted **anywhere** in the Health Suite.

If you do so you are placing yourself and your fellow users at risk of infections.

2. The Spa is not a bubble bath so do not add shampoo or any other type of wash liquid to the water. If you do you will contract a rash and then complain about the Spa being the cause. Also you will find that the Spa will be cold because the Spa will have to be drained the remove the bubbles.

3. Do not use the door to the corridor as an exit this is a staff only entrance. By doing so you are causing a hazard to other centre users by making the floors wet.

If you are using the Health Suite you should be in the Wet Change not the Dry Change.

4. Wristbands must be worn at all times in the Health Suite, if you haven't got a band you will be asked to leave the area.

Anybody found doing any of the above will have right of admission removed under Health and Safety regulations.

