

# Group Fitness Timetable



<b>Monday</b>	09.30-10.15	AquaFit
	15.30-16.30	Junior Pump
	19.30-20.15	Aqua Fit
	20.00-20.45	Zumba with Suzie
<b>Tuesday</b>	20.30-21.30	Pilates
<b>Wednesday</b>	09.30-10.30	Pilates
	10.30-11.30	Pilates
	10.45-11.30	Aqua Zumba
	15.30-16.30	Junior Pump
<b>Thursday</b>	10.00-10.45	AquaFit - New
	20.00-20.45	Zumba with Jenny
<b>Saturday</b>	09.30-10.15	Bums, Tums & Thighs

The Group Fitness Classes timetable below may be subject to change without any prior notice.



# Class Descriptions

- Aquafit** Exercise to music in chest-depth water. All abilities welcome.
- Bums, Tums & Thighs** An exercise programme, which trims bums, flattens tums and tones thighs. Suitable for all abilities.
- Junior Pump** A fitness Suite session for 11-16 year olds focussing on cardio, toning and core strength.
- Pilates** Mat based exercises designed to strengthen muscles and improve posture and well being.
- Yogalates** Aspects of Yoga mixed with Pilates exercises. Designed to lengthen and strengthen the muscles paying particular attention to the core. Suitable for all levels.

