

# Group Fitness Timetable

	<b>Time</b>	<b>Class</b>
Mon	19.30 - 20.15	Bums, Tums & Thighs
Tues	18.30 - 19.15	Blast Attack
	19.20 - 20.20	Pilates
Thurs	18.30 - 19.30	Circuits



Working in partnership with your Local Authority.

# Class Descriptions

**Bums, Tums & Thighs** – a class designed to tighten & tone those important bits!

**Blast Attack** – simple, high-energy sports training moves for cardiovascular fitness & conditioning exercises for building strength.

**Circuits** – a mix of cardio & resistance exercise performed in a circuit to music. Suitable for all levels.

**Pilates** – controlled moves to strengthen the core muscles of the body. Pilates offers many benefits including flatter stomach, improved posture & flexibility and helps lower stress levels.

