

Group Fitness Timetable

Theale Green Recreation Centre

Monday	Aerobics	18.00-19.00
	Zumba	19.00-20.00
Tuesday	Aerosalsa	18.45-19.45
Wednesday	Aerobics	19.00-20.00
Thursday	Wellbeing Aerobics 50+	15.45-16.45
	Low Impact Aerobics	19.00-20.00
	Circuits	19.30-21.00



Class Descriptions

Aerobics - Enjoy a uniquely choreographed class, adaptable to suit any ability level. This class is great for individual progression, keeping fit and having fun.

Activ8 - Gym sessions specifically designed for 8-16 year-olds to use the latest equipment under the guidance of a qualified instructor.

Circuits - This class consists of a cardiovascular warm-up, followed by a wide range of selected exercises, using a variety of equipment, working station-to-station. This concentrates on both resistance and cardiovascular work, aiming to improve fitness, and shape & tone the whole body.

Low Impact Aerobics - Ideal for absolute beginners who are keen to learn the basic moves and progress with confidence to any other aerobics-based class. Also suitable for ante/post natal, your first steps towards weight loss, or getting back into an exercise routine & a healthier lifestyle. With easy-to-follow low impact moves creating a kinder workout for those forgotten muscles & joints.

Wellbeing Aerobics - A class designed for those who prefer a lighter aerobic content, whilst getting a good safe and effective workout for the whole body. There is no such thing as too old or too unfit for this class, so come and join the fun and improve your quality of life.

