

# Chalfont Dene 2024

## Class Timetable



Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
10am – 10:50	Stretch Able	Nav	Yes
11:00 - 11:45	Core Muscle Toning	Nav	Yes
12:10- 12:45	Chair Fit	Nav	Yes
<b>TUESDAY</b>			
10am – 10:50	Stretch Able	Nav	Yes
11am – 11:50	Full Body Weights	Nav	Yes
<b>WEDNESDAY</b>			
10am – 10:45	Core Muscle Toning	Nav	Yes
11am – 11:55	Tripudio	Louise	Yes
5pm – 6pm	Zumba	Gabriel	Yes
<b>THURSDAY</b>			
10am- 10:50	Stretch Able	Nav	Yes
11am – 11:50	Full Body Weights	Nav	Yes
<b>FRIDAY</b>			
10am – 10:45	Core Muscle Toning	Nav	Yes
11am – 11:40	Tai Chi	Nav	Yes
12:10 – 12:45	Chair Fit	Nav	Yes
<b>SATURDAY</b>			
4pm – 6pm	Owners Family swim (owners only)	N/A	Pool/ wet side - No
<b>SUNDAY</b>			
3pm – 5pm	Owners Family swim (owners only)	N/A	Pool/wet side - No

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.  
(Additional charges will apply)

# Chalfont Dene 2024

## Class Timetable



### **CHAIR FITNESS**

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

### **TONE FIT/CIRCUITS**

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs.

### **OWNERS FAMILY SWIM**

Open for owner's can bring their family members to the club.

### **Tai Chi**

Gentle movements and breathing. Relaxing and to help with balance.

### **Stretch Fit**

An all over body class to help loosen you up for the day.

### **Zumba**

Dance to music, having a lot of fun.

### **Core Fit**

A more challenging core class on the mats. With a good variety of exercises using some light equipment to help strengthen the abdominal muscles.

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.  
(Additional charges will apply)