



## Clevedon

# Class Timetable

From February 2024

Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
10.00 - 10.30	Chair Based Exercise	Stephen	No
10.40 - 11.10	Chair Based Exercise	Stephen	No
12noon - 12.40	Aqua Class	Stephen	Pool/wet side - No
<b>TUESDAY</b>			
10.00 - 10.50	Pilates	Anne	No
10.00 - 10.40	Gentle Aqua	Stephen	Pool/wet side - No
11.00 - 11.50.	Pilates	Anne	No
<b>WEDNESDAY</b>			
9.30 - 10.10	Balls Bands & Mats	Stephen	No
12.00 -12:40	Aqua Circuits	Stephen	Pool/wet side - No
<b>THURSDAY</b>			
11.00 - 11:40	Aqua HIIT	Stephen	Pool/wet side - No
13.30 - 14.10	Circuits	Stephen	No
<b>FRIDAY</b>			
10.00 - 10.40	Aqua Fitness	Stephen	Pool/wet side - No

### AQUA

Working out in this water-based class, using the constant resistance, and reducing impact on joints that water provides. Working on muscle tone and range of movement. Great fun and sing along if you want with music from the 60s,70s and 80s through to up to date songs.

### CHAIR BASED EXERCISES

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

### 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.

### PILATES

This concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance, and strength.

### BALLS BANDS & MATS

Exercise to music to improve those key areas! Includes mat work exercises.

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

Induction – 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.