



Chalfont Dene Class Timetable

From March 2022

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