



Cooper's Hill Club Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
09:00 – 9.45	Aqua Fit	Claire	Yes
12.30-13.30	Tai Chi	Colin	Yes
TUESDAY			
11:30 - 12:00	Aqua Fit	Gemma	Yes
WEDNESDAY			
14.00-14.45	Aqua Fit	Claire	Yes
THURSDAY			
14.00-15.00	Mat Pilates	Gemma	No
FRIDAY			
SATURDAY			
SUNDAY			
10.00-11.00	Owners Family swim (owners only)	N/A	
14.00-16.00	Owners Family swim (owners only)	N/A	

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