

Inglewood Class Timetable



Time	Class	Instructor	Gym use allowed
MONDAY			
09:30 - 10:15	Aqua Fit	Kate	Yes
11:00 - 11:45	Zumba Gold	Kate	No
13:30 - 14:15	Seated Yoga	Isobel	No
TUESDAY			
09:30 - 10:30	Pilates Beginners	Helen McBeth	No
10:30 - 11:30	Pilates Intermediate	Helen Mc Beth	No
12:45 - 13:45	Tai Chi - 24 Forms	Kate	No
16:00 - 17:30	Owners and Family Swim Only		Yes
17:30 - 18:15	Aqua Fit	Kate	Yes
19:00 - 20:00	Pool clean Dolphin	Kate	Yes
WEDNESDAY			
09:00 - 09:45	Aqua Fit	Kate	Yes
12:00 - 12:45	Zumba Gold	Emma	No
14:00 - 15:00	Circuit	Kate	No
17:30 - 18:30	Yoga	Helen B	No
THURSDAY			
09:15 - 10:00	Aqua Fit	Emma	No
09:30 - 10:30	Pilates	Sarah	No
11:00 - 12:00	Tai Chi - Arthritis and Falls Prevention	Kate	No
14:00 - 14:45	Chair Fit	Emma	No
FRIDAY			
07:50 - 08:50	Pool Backwash		Yes
10:00 - 10:45	Aqua Fit	Kate	Yes
14:00 - 15:00	Outdoor Fitness (Owners Only)	Kate	Yes
SUNDAY			
10:30 - 11:00	Table Tennis (Owners Only)		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)