



Nightingale Place Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
18:00 - 18:45	Body Strength	Zoe	Yes
TUESDAY			
09:00-09:45	Pilates for posture Studio 1	Zoe	Yes
13:00-13:15	Walking the stairs Owners Only – Basement Corridor	Zoe	
WEDNESDAY			
09:00-09:45	Mat Pilates Studio 1	Zoe	Yes
10:30-11:00	Seated Pilates Studio 1	Zoe	Yes
15:30-16:30	Pool access for owners only		
17:30-18:15	Body Conditioning for Wellness Studio 1	Shelley	Yes
18:30-19:15	Aquafit Pool Shelley	Shelley	Yes
THURSDAY			
11:00-11:30	Seated Pilates Studio 1	Zoe	Yes
17:00-18:00	Gentle Yoga in Hobbies Room	Jacqui	
FRIDAY			
11:00-11:45	Dance Fitness to music	Suzi	Yes
SATURDAY			
SUNDAY			
15:30-16:30	Pool access for owners only		

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)