



Binswood Hall

Class Timetable

From January 2023

Time	Class	Instructor	Gym use allowed
MONDAY			
09:00 - 9.30	Pilates	Lee	No
09:30 - 10:00	Pilates	Lee	No
14:00 - 14:30	Young @ Heart	Lee	No
TUESDAY			
09:00 - 9.30	Yoga	Lee	No
14:00 - 14:30	Aqua Aerobics	Lee	Pool/ wet side - No
WEDNESDAY			
09:00 - 9.30	Pilates	Lee	No
09:30 - 10:00	Pilates	Lee	No
10:00 - 10:30	Strictly Fun Dancing (The Outd'Audleys)	Lee	No
THURSDAY			
09:00 - 9.30	Yoga	Lee	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)



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AQUA AEROBICS

A fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles.

PILATES

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

YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body.

YOUNG AT HEART

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

STRICTLY FUN DANCING (The Outd'Audleys)

With as fun as dancing is, it is easy to forget that it is a workout. Enjoy a routine that will help you strengthen and mobilize. All movements will be standing.

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