

Chalfont Dene

Class Timetable

2023



Time	Class	Instructor	Gym use allowed
MONDAY			
10:00 - 10:50	Stretch Fit	Nav	Yes
11:00 - 11:45	Core Fit	Nav	Yes
12:10 - 12:45	Chair Fit	Nav	Yes
TUESDAY			
10:00 - 10:50	Stretch Fit	Nav	Yes
11:00 - 11:50	Tone Fit/Circuits	Nav	Yes
WEDNESDAY			
10:00 - 10:45	Core Fit	Nav	Yes
11:00 - 11:55	Tripudio	Louise	Yes
17:00 - 18:00	Zumba	Gabriel	Yes
THURSDAY			
10:00 - 10:50	Stretch Fit	Nav	Yes
11:00 - 11:50	Tone Fit/ Circuits	Nav	Yes
FRIDAY			
10:00 - 10:45	Core Fit	Nav	Yes
11:00 - 11:40	Tai Chi	Nav	Yes
12:10 - 12:45	Chair Fit	Nav	Yes
SATURDAY			
16:00 - 18:00	Owners Family swim (owners only)	N/A	Pool/ wet side - No
SUNDAY			
15:00 - 17:00	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)



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CHAIR FITNESS

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

TONE FIT/CIRCUITS

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs.

OWNERS FAMILY SWIM

Open for owner's can bring their family members to the club.

Tai Chi

Gentle movements and breathing. Relaxing and to help with balance.

Stretch Fit

An all over body class to help loosen you up for the day.

Zumba

Dance to music, having a lot of fun.

Core Fit

A more challenging core class on the mats. With a good variety of exercises using some light equipment to help strengthen the abdominal muscles.

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