



Clevedon

Class Timetable

From January 2023

Time	Class	Instructor	Gym use allowed
MONDAY			
9.45 - 10.25	Chair Based Exercise	Susan	No
10.30 – 11.10	Chair Based Exercise	Susan	No
11.20 -12 noon	Aqua Aerobics	Susan	Pool/wet side - No
11.30 - 12.10	Yoga	Michelle	No
12.30 - 13.10	Aqua Aerobics	Elyse	Pool/wet side - No
TUESDAY			
10.30 – 11.25	Pilates	Anne	No
11.30 – 12.25	Pilates	Anne	No
12.35 – 13.15	Aqua Aerobics	Krysia	Pool/wet side - No
14.00 – 14.40	Gentle Aqua	Krysia	Pool/wet side - No
WEDNESDAY			
9.30 – 10.10	Toning, Strength & Stretch	Zoe	No
10.45 - 11.25	Zumba Gold	Susan	No
THURSDAY			
9.15 – 9.55	Aqua Aerobics	Krysia	Pool/wet side - No
10.15 – 10.55	Weights & Circuits	Krysia	No
12.00 – 12.40	Aqua Aerobics	Elyse	Pool/wet side - No
14.00 – 14.40	Legs, Bums & Tums	Krysia	No
FRIDAY			
13.15 – 13.55	Aqua Aerobics	Sue	Pool/wet side - No

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

Induction – 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.



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AQUA

Working out in this water-based class, using the constant resistance and reducing impact on joints that water provides. Working on muscle tone and range of movement. Great fun and sing along if you want with music from the 60s, 70s and 80s through to up to date songs.

CHAIR BASED EXERCISES

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

WEIGHTS & 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.

PILATES

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

ZUMBA GOLD

An exercise class to music which includes dance routines to a variety of music.

GENTLE AQUA

Working out in this gentle water-based class, using the constant resistance and reducing impact on joints that water provides using a range of movements. Great fun and sing along if you want with music from the 60s, 70s and 80s through to up to date songs. Go at your own pace.

TONING, STRENGTH & STRETCH

An all over body class to help with strength & core.

YOGA

Concentrating on body posture.

LEGS, BUMS & TUMS

Exercise to music to improve those key areas! Includes mat work exercises.

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