

Willicombe Park

Class Timetable

2023



Time	Class	Instructor	Gym use allowed
MONDAY			
TUESDAY			
11:00 – 11.45	Aqua Fit	Maria	No
12.15 – 13.00	Aqua Fit	Maria	No
WEDNESDAY			
13:15 - 14:00	Yoga	Sumiko	No
THURSDAY			
11.00 – 11.45	Aqua Fit	Maria	No
12.15 – 13.00	Aqua Fit	Maria	No
13.30 – 14.15	Pilates	Maria	No
FRIDAY			
11.00 – 11.45	Chair Exercise	Sarah	No
SATURDAY			
SUNDAY			

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.



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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.

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.

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.

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