



Audley Club at Chalfont Dene Class Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|-------------------------------|--------------------------|---------------------------------|-------------------|-------------------------------|
| Aqua | 11:15am- 12noon | | | | |
| Core Fit | | 11:00am - 12noon | 10:00am - 11:00am | | 10:00am - 11:00am |
| Stretch Fit | 10:00am - 11:00am | 10:00am - 11:00am | | 10:00am - 11:00am | |
| Tai Chi/ Zumba/ Pilates | | Zumba 5:30pm - 6:30pm | Pilates 11:00am - 12noon | | Tai Chi 11:00am - 12noon |
| Circuits/ Tone Fit | | 11:00am - 11:45am | | 11:00am - 11:45am | |
| Chair Fit/ Table Tennis | Chair Fit 12:10pm - 1:00pm | | Table Tennis 2:30pm - 3:30pm | | Chair Fit 12:10pm - 1:00pm |

Advance booking required and subject to availability.

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)