



## Audley Clevedon Club Classes w/c 9<sup>th</sup> August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am - 11am	Aqua Rhythmic (10am) ♥♥	Pilates (10.30am)		Strength Circuits (10.30am) ♥♥♥	Aqua Rhythmic (10am) ♥♥		
11:30am - 12 noon	Youthful Hearts (11.30am) ♥♥	Pilates (11.30am)		Aqua Rhythmic (12 noon) ♥♥	Youthful Hearts (11.30am) ♥♥		
12:30pm - 1.30pm	Men's Pilates (12.30pm)	Flex, Stretch & Tone (12.30pm) ♥			30-minute Core (12.30pm)		
2pm - 3pm	Gentle Aqua (2pm) ♥	Gym Induction 2.30pm		30 min Core (2.30pm)	Gentle Aqua (2pm) ♥		

Easy level    
 Medium level    
 Hard level

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)