



## Audley Club at Inglewood Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Aerobics 0900-0930 Sam			Aqua Aerobics 0900-0930 Sam			
		Pilates 0930-1030 Helen M	Dance on <b>Zoom</b> 1100-1130 Sam	Pilates 0930-1030 Sarah			
				Dance on <b>Zoom</b> 1300-1330 Sam			
			Yoga 1730-1830 Helen B	Chair Fit 1400-1445 Emma			
	Owners Only Gym Session 1500-1600		Owners Only Gym Session 1500-1600		Owners Only Gym Session 1500-1600		Owners and Family Swim Only 1500-1700

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)