



Audley Club Chalfont Dene Exercise Classes

Core Fit

Great for building up core strength, balance and coordination to help in everyday activities.

Tai chi

Tai chi not only exercises the muscles, it twists and stretches all parts of the body. This feels like a massage for the internal organs. This exercise increases the flow of blood, fluid and energy thought out the body.

Circuits/Tone

The all time classic circuit/toning training, combining strength and endurance to burn calories to tone and work your entire body.

Stretch Fit

Great all round keep fit class for balance, coordination and flexibility to help in everyday activities.

Aqua

A fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles.

	Aqua	Core Fit	Stretch Fit	Tai Chi/ Zumba	Circuits/ Tone Fit	Tone Yoga/ Owners swim	Chair Fit/Table Tennis
Monday		11am- 12pm	10am- 11am	Zumba 2pm-3pm			Chair Fit 12pm-1pm
Tuesday			10am – 11am		11am- 11:45am		
Wednesday	11:15am- 12pm	10am - 11am				Tone Yoga 11am – 12pm	Table Tennis 3pm-4:30pm
Thursday			10am - 11am		11am – 11:45am		
Friday		10am – 11am		11am – 12pm		Tone Yoga 1:30pm – 2:30pm	Chair Fit 12pm-1pm
Saturday						3pm- 5pm	
Sunday						2pm – 5pm	10am- 12pm

Please book all classes in advance at Reception—this is essential as class numbers are limited.

Training Program – We offer as much or as little support as you need. All owners and members are entitled to a free induction session, which gives expert fitness advice and instruction on the use of equipment.

Personal Training – It's so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you're focusing on the right exercises. A Personal Trainer won't just help your fitness, they will help you reach your goals so much faster and have fun while you're at it. (Additional charges will apply)