

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
AM	09:15 – 10:00 Stretch and Mobility Angie	9:15-9:45 Owner's Aqua Angie	9:15-10:00 Upbeat Aqua Angie	9:15-10:00 Total Body Conditioning Angie	9:15-10:00 Aquacise Angie	Table Tennis available in Studio All day	Table Tennis available in Studio All day
	10:00-10:45 Zumba Gold Jenny	10:00 – 10:45 1-2-1 Private POOL Angie		10:00-10:30 Mind and Body Angie			
	10:00-11:00 Meet & Greet Angie	10:00-11:00 Pilates Holly					
	11:00 – 11.45 Zumba Gold Jenny	10:45-11:30 Aqua Circuits Angie	11:00 – 11:45 Fitball Angie	11:30-12:15 Aquacise Angie	11:00-11:45 Core stability Angie		
	11:00-13:00 1-2-1 Available	12:00-12.30 Chair Aerobics Angie	12:00-14:00 1-2-1 Available		12:00-14:00 1-2-1 Available	12:00-18:00 Owner's & Family Swim	12:00-18:00 Owner's & Family Swim
	14:00-15:00 Walking Group Angie	13:00-15:00 1-2-1 Available	14:00-14:30 Mind and Body Angie	13:00-17:00 1-2-1 Available	14:00-14:30 Stretch and Tone Angie		
PM	16:00-17:00 Owner's & Family Swim Only	16:00-17:00 Owner's & Family Swim Only	16:00-17:00 Owner's & Family Swim Only	16:00-17:00 Owner's & Family Swim Only	16:00-17:00 Owner's & Family Swim Only		
		18:00-19:00 Circuits (Members run)		15:15-16:15 Pilates (Beginners) Holly	14:30-15:30 Pool CLOSED for cleaning		
				16:30-17:30 Yoga (Beginners) Holly	15:00-17:00 1-2-1 Available		
				18:00-19:00 Circuits Angie	Table Tennis available in Studio		

**AQUACISE:** All-round workout in water, work at your pace, have fun with music you can sing-a-long to! All abilities.

**'UP-BEAT' AQUA:** For those wanting a more vigorous water workout.

**CHAIR AEROBICS:** A range of exercises whilst sitting in a chair. All abilities.

**CIRCUITS:** Cardio, conditioning and fitness class.

**AQUA CIRCUITS:** Targeted workout without the dance element. Tones specific muscle groups. All abilities.

**STRETCH & MOBILITY/TONE:** Gentle exercise to improve range of movement and strength. All abilities

**FULL BODY CONDITIONING:** Cardio and resistance based to strengthen the heart and improve bone density.

**FITBALL:** Strengthen your core and back whilst enjoying this fun swiss ball-based class.

**WALKING GROUP:** Join Angie for a stroll around the trim track with a chance to meet new people. Meet outside the main house.

**CORE STABILITY:** Learn how to strengthen the back and core as well as the joints to improve posture and mobility. All abilities.

**MIND AND BODY:** Uses relaxing poses combined with the Buddhism derived art of mindfulness. This class provides an opportunity to connect the mind and body and relieve every day stresses.

**1-2-1 Available:** Please book in advance with Angela, this include gym inductions and programmes and Personal Training.