

	<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 Aquacise Angie	9:15-10:00 Total Body Conditioning Angie	8:30-9:00 Weekly Weigh Studio	Table Tennis available in Studio All day	Table Tennis available in Studio All day		
	10:00-10:45 Zumba Gold Jenny	10:00 – 10:30 1-2-1 Private POOL Angie	11:00-11:30 Fitball Angie	10:00-10:30 Mind and Body Angie	9:15-10:00 Aquacise 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 AquaTone Angie	11:30-14:00 1-2-1 Available	11:30-12:15 Aqua Dance Angie	11:00-11:45 Core Stability Angie			12:00-18:00 Owner's & Family Swim	12:00-18:00 Owner's & Family Swim
	11:00-13:00 1-2-1 Available	12:00-12.30 Chair Aerobics Angie			13:00-16:00 1-2-1 Available				
	14:00-15:00 Walking Group Angie (Weather dependant)	13:00-15:00 1-2-1 Available		13:00-17:00 1-2-1 Available					
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				
				15:15-16:15 Pilates (Beginners) Holly	14:30-15:30 Pool CLOSED for cleaning				
		18:00-19:00 Circuits Craig		16:30-17:30 Yoga (Beginners) Holly	Table Tennis available in Studio				
			18:00-19:00 Circuits Angie						

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

AQUADANCE: More of a dance element, similar to popular latin inspired water workouts. All abilities.

AQUATONE: Targeted workout using muscle toning techniques, kickboxing and core workouts. All abilities.

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

CIRCUITS: Cardio, conditioning and fitness class.

FITBALL: Core based class using swiss balls to add instability.

STRETCH & MOBILITY: Gentle exercise to improve range of movement and flexibility. All abilities

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

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

ZUMBA GOLD: Popular Latin inspired dance fitness class.

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