

Class Times May - July 2018 @lbhealthclub

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fitness Classes	
8:30	Spin (8:30)	Spin (8:30)	Circuits (8:30)	Body Conditioning (8:30)	Spin (8:30)	Circuits (8:30)	<p>Classes by External Instructors</p> <p>Aerobics (£3 or £15): New Aerobics Class</p> <p>Body Conditioning (£3 or £15): New Low impact cardio based class with Core, Floor and More.</p> <p>Aqua Aerobics (£3): Low impact based water aerobics exercise. Must be in pool by class time. No booking needed. Main pool is closed during Aqua Aerobics to anyone not participating in the class.</p> <p>Pilates (£25): Total core stability workout . Courses of 6 sessions Only.</p> <p>Tai Chi (£5 or £25): Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours.</p> <p>Vinyasa Yoga (£3 or £15): Vinyasa (Flow) Yoga</p> <p>Classes given by Andy</p> <p>Kinesis Circuits: Full body resistance circuits, incorporating the kinesis wall</p> <p>Circuits: High intensity cardio and strength workout.</p> <p>Spin: Cardio-vascular based group cycling experience.</p> <p>Insanity: High intensity full body workout.</p> <p>Please Book Andy's Classes Using The Pod or the Mobile MyWellness App.</p>	
9:30	Aerobics (9:30)	Tai Chi (B) (9:30)	Pilates (10:00)	Aqua * (9:30)				
10:30	Kinesis (10:30)	Tai Chi Intermediate (10:30-12:00)			Kinesis (10:30)			
	INSANITY (17:00)				INSANITY (12:00)			
	Spin (18:00)	INSANITY (18:00)	Aqua * (18:30)	Spin (18:00)				
	Pilates (19:00)			Vinyasa Yoga (19:00)				
Instructor Available	8AM-8PM	8AM-7PM	8AM-3PM	2PM-8PM	8AM-2PM			
* During Aqua Aerobics the main pool is closed to anyone not participating in the Class								
<p>Classes Bookings</p> <p>Arrive early for classes</p> <p>All classes MUST be booked at reception.</p> <p>Minimum numbers required.</p>				<p>Induction/Review Bookings :</p> <p>All appointments MUST be booked at reception. Allow approx. 1 hour for all appointments</p> <p>To book please call 01580 767611</p>				