

Class Times November - December 2021

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Spin (8:30)	Spin (8:30)			Spin (8:30)	Circuits (8:30)
9:30		Tai Chi (9:30—11:00) Mixed Ability				
10:30	Kinesis (10:30)		Pilates (10:30)		Kinesis (10:30)	
	Pilates (13:30)		Pilates (11:30)			
				Spin (18:00)		
	Spin (18:00)	Yoga (19:00)				
Instructor Available	8AM-8PM	8AM-8PM		2PM-8PM	8AM-2PM	8AM-12PM

Fitness Classes

Classes By External Instructors

Aqua Aerobics (£3): Currently Unavailable

Pilates (£25): Total core stability workout. Excellent for building core strength. Course £25, Single session £5. Mat Needed.

Tai Chi (£5 or £25): Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours.

Yoga (£3 or £15): Vinyasa (Flow) Yoga, focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Mat Needed.

Classes given by Andy

Kinesis Circuits: Full body resistance circuits, incorporating the kinesis wall

Circuits: High intensity cardio and strength work out.

Spin: Cardio-vascular based group cycling experience.

Insanity: High intensity full body workout. Currently unavailable. Currently Unavailable

Please Book Andy's Classes Using The Pod or the Mobile MyWellness App.

If you have a pre-existing condition or injury it is always recommended that you speak to your doctor before starting a new class.

* During Aqua Aerobics the main pool is closed to anyone not participating in the Class

Classes Bookings

Arrive early for classes

All classes **MUST** be booked at reception.

Minimum numbers required.

Induction/Review/Health Check Bookings :

All appointments **MUST** be booked at reception.

Allow approx. 1 hour for all appointments

To book please call 01580 767611