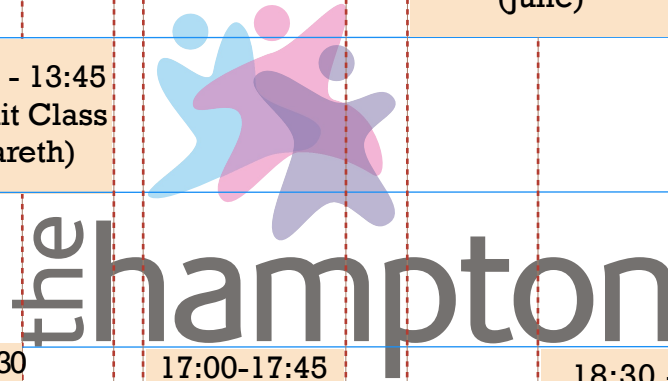


| | 09:00 - 10:00 | 10:00 - 11:00 | 13:00 - 14:00 | 17:00 - 18:00 | 18:00 - 19:00 | 19:00 - 20:00 | 20:00 - 21:00 |
|-----------|-------------------------------------|---------------|---|---|----------------------------------|--|--|
| Monday | 09:15 - 10:15 Aerobics (Jane) | | | | 18:00 - 19:00 Yoga (Julie) | 19:00 - 20:00 Core Circuits (Paul) | |
| Tuesday | | | 13:15 - 13:45 Circuit Class (Gareth) | | | | 19:30 - 20:30 Circuit Class (Julie) |
| Wednesday | | | | | | | 19:30 - 20:30 Body Conditioning (Matt) |
| Thursday | | | 13:00 - 13:30 Skipping Workshop (Dave) | 17:00 - 17:45 Children's Fun Circuit* (Dave) | | 18:30 - 19:30 Pole Dancing Intermediate (Elizabeth) | 19:30 - 20:30 Pole Dancing Beginner (Elizabeth) |
| Friday | 09:15 - 10:15 Aerobics (Jane) | | | | | | |



* Age 10 - 14 only

| Class | Descriptions | mem cost | non-mem cost |
|--------------------------|--|----------------------------|----------------|
| Aerobics | Physical exercise that combines rhythmic aerobic exercise with stretching & strength training routines | £ 2.50 | £ 4.00 |
| Body Conditioning | Exercising the body to either build up, shape or sculpt your figure | Free | £ 5.00 |
| Children's Fun Circuit * | Circuits to help decrease overweight and obesity in children while promoting active lifestyle | £ 2.75 commencing 12th Nov | |
| Circuit Class | A fat burning aerobic workout that maximises your calorie burn | £ 2.50 | £ 4.00 |
| Core Circuits | A circuit which will improve balance strength, flexibility, while also toning your body | Free | £ 5.00 |
| Pole Dancing | A really fun workout that can suit all ages and fitness levels | £ 60 (6 weeks) | £ 75 (6 weeks) |
| Skipping Workshop | Fat burning exercise to maximise calorie loss, also improves body core | £ 2.50 | £ 4.00 |
| Yoga | Traditional, physical and mental disciplines originating from the country of India | £ 5.00 | £ 6.00 |