

# Fitness Classes - What's on.

## Pilates\* (Julie and Mel)

Re-shape, re-balance and re-align your body for maximum core strength. Great for improving posture. Please call to book.

**Monday 6.00pm - 7.00pm & 7.00pm - 8.00pm**

**Tuesday 6.00pm - 7.00pm & 7.00pm - 8.00pm**

**Wednesdays 9.30am - 10.30am,**

**10.45am - 11.45am, 12.00pm - 1.00pm**

**Thursday 11.30am - 12.30pm**

## Legs, Bums and Tums (Julie)

A highly effective, uncomplicated class with the emphasis on toning up those problem areas.

**Tuesday 10.15am - 11.15am**

## Contemporary Body Conditioning (Julie)

Core stability training. Strengthening, stretching and stamina building.

**Thursday 10.00am - 11.00am**

## Senior Keep Fit (Julie)

A blend of strengthening, mobilising and aerobic exercises. Friendly and effective.

**Monday 10.00am - 11.00am**

## Yoga \* (Steph)

A mind and body experience.

Classes suitable for all levels. £5.25 per session.

**Wednesday 6.00pm - 7.15pm &**

## Day by Day

### **Monday**

Senior Keep Fit, Pilates, Studio Cycling.

### **Tuesday**

Tone-A-Size, Legs, Bums and Tums, Zumba, Tai Chi, Circuits, Pilates.

### **Wednesday**

Pilates, Gently Ballroom, Yoga,

Senior Bowls (seasonal).

### **Thursday**

Contemporary Body Conditioning, Zumba Gold, Pilates, Adult Ballet Senior Studio Cycling, Studio Cycling.

### **Friday**

Studio Cycling.

### **Saturday**

Studio Cycling.

## Adult Ballet (Claire)

Improve your posture and balance. Suitable for all abilities!

**Thursdays 1.00pm - 2.00pm.**

## Gently Ballroom (Laucinda)

Waltz your way to fitness. A fun and friendly class.

**Wednesday 10.00am—11.00am**

## Tone-A-Size (Caroline/Elle)

Aerobic exercise to music, dynamic use of hand-weights and a toning section to finish.

**Tuesday 9.15am - 10.15am**

If you have any questions regarding these classes then please speak to our Health and Fitness staff who will be happy to help you.

\* - Advance enrolment necessary

## Simply Circuits (Tiff)

A brilliant way to add variety to your exercise regime. Circuit training offers a complete work-out. Excellent conditioning for sports people as well as general fitness. A very popular class!

**Tuesday 7.00pm - 8.00pm**

[Those on Platinum Gym membership may attend selected fitness classes. Please ask for details.](#)

## Studio Cycling

Dedicated studio with static exercise bikes for cycling to music.

**Monday 11.30am—12.30pm,**

**6.30pm—7.30pm**

**Thursday 6.00pm—7.00pm**

**Friday 9.00am—10.00am**

**Saturday 9.00am—10.00am &  
10.30am—11.30am**

**Senior Cycling Thursday 2.00pm—3.00pm**

## Zumba (Elaine)

Basic rhythms of Salsa, Meringue, Cumbia and Reggatone combine to provide a great Cardio workout. No experience necessary.

**Tuesday 11.30am - 12.30pm**

## Zumba Gold (Elaine)

Suitable for the Over 50's.

**Thursdays 11.30am - 12.30pm**

## Tai Chi (Linda)

A relaxing, precise class. No experience necessary. Suitable for Over 50's.

**Tuesday 2.00pm - 3.00pm**

## Senior Bowls (Fred)

Short mat bowls to keep you going through the Winter. Social, undemanding and fun.

**Wednesday 2.00pm - 4.00pm. £3.00**

## Class Prices

Studio Cycling, Pilates - £5.00 per session  
**(all require enrolment in advance).**

Other Fitness Classes - Under 50's - £4.50.  
Over 50's - £4.00, Students - £3.00, Juniors (U-16's) - £2.00

**Books of 10 Tokens** - Under 50's - £40.00,  
Over 50's - £35.00, Pilates - £45.00