

# Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9.15 HIIT Callum				9.00-9.30 Fabulous Abs Matt
9.30 – 10.15am Zumba Danielle	9.15-10.00am Tabata Matt	9.30-10.15am Dancercise Emily	9.30-10.15am Legs, bums and tums Hannah	9.30-10.30am Dancefit Danielle
10.30-11.15 Aqua Fit Kiran	10.00-11.00 Beginners Tai Chi Gaynel	10.30-11.15am Aqua Fusion Kiran		9.30-10.15am Aqua Fit Chris
10.30-11.00am Abs and core Matt				
11.30-12.30pm Forever Young Keep Fit Alison	11:00 – 12:00 Strength and Conditioning Curtis	10.45-11.40am Yoga Sylvia	12.15-14.15pm Baby Swimming Flutterbabies*	10.30 am-11.30am Pilates Chris
Diddi Dance Pre School Dance Julia	13.45-14.45pm Pilates Chris		14.30-15.30pm Pilates Chris	11.15-13.45pm Baby Swimming Flutterbabies*
7.30pm-8.15pm Box fit Callum	7.30-8.20pm Insanity Hannah	6.30-7.15pm Vera Flow Dani	18.30 -19.20 Full Worx Hannah	
20.15-21.15 Tai Chi Chauna Gaynel			19.30-20.30 Mediation Gaynel	

Swimbrite group pool times: Monday – 4.15-6.15pm, Tuesday 4.15-6.15pm, Wednesday 3.45-6.15 Thursday 3.45-6.15pm, Fridays 3.45-5.45pm.

Private lessons: Wednesday 3.45-4.15 & Thursday 3.45-4.15

	<b>High Impact Exercise Class</b>
	<b>Low impact Exercise Class</b>
	<b>Water based classes in the pool</b>
	<b>External courses – information available at the leisure desk</b>

	<b>Class Descriptions</b>
<b>Zumba</b>	Zesty Zumba is a great aerobic workout influenced by Latin and American dance. Learn sexy footwork and flirty hips whilst keeping fit.
<b>Tabata</b>	High intensity cardio workout designed to improve muscle tone, endurance and get your heart beating fast.
<b>Insanity</b>	Get insanely shredded with our intense interval training fitness class.
<b>Vera Flow</b>	Dance, stress and feel your true flow in this class. Moderate intensity finishing with relaxation
<b>Dancercise/Dancefit</b>	A great class to get your hips moving and your heart pounding, this class is great for calorie burning.
<b>Box fit</b>	A high energy workout that incorporates conditioning, functional and circuit training with an emphasis on boxing
<b>HIIT</b>	High intensity cardio workout leaving you feeling invigorated and awake for the day ahead
<b>Full Worx</b>	A full body interval-training workout using weights. Periods of high and low intensity incorporating cardio and core work.
<b>Legs, bums and tums</b>	Shape up and burn fat as you lunge, step and squat your way to fitness in this fun class.
<b>Strength and Conditioning</b>	Tone and strengthen your whole body with functional exercises and solo circuits using Resistance bands and body resistance to give your body a full workout.
<b>Abs and Core</b>	The focus on toning the abdominal muscles and strengthening the core in this short but effective workout.
<b>Tai Chi Chuan</b>	The complete Chinese martial art of Yang style Tai Chi Chaun. All levels welcome – beginners to advance.
<b>Tai Chi Beginners</b>	A relaxing, gentle sequence that flows like a river. Calming and energising, the movements improve balance, posture and co-ordination. Mindfulness in motion.
<b>Pilates</b>	Exercise that works your body from the inside out. With slow controlled movements and stretches developing core strength and flexibility.
<b>Meditation</b>	Let your thoughts and cares dissolve away and become present in this moment. An hour of tranquillity to refresh and inspire you.
<b>Fabulous Abs</b>	The focus on toning and strengthening the abdominal muscles during this short workout.
<b>Forever Young</b>	Ideal for an older age group this class includes gentle cardio and dance routines improving flexibility, core, muscle strength and balance.
<b>Yoga</b>	Based on physical postures, deep breathing, and mindfulness and listening to the body.
<b>Aqua Fusion</b>	A dance workout in the water. This is a low impact routine and great fun!
<b>Aqua Fit</b>	In the water for this low impact fun workout. Dance yourself fit in the water.