

# Group Exercise Timetable

**Effective from Summer 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
6.15am - 7.00am Indoor Cycling	6.00pm - 6.45pm Indoor Cycling	6.15am - 7.00am Indoor Cycling	11.45am - 1.00pm Yoga*	6.15am - 7.00am Indoor Cycling
12.00pm - 1.00pm Mat Pilates *	7.00pm - 7.45pm Aqua Tone		6.30pm - 7.30pm Bootcamp	9.15am - 10.00am Gymfit
6.00pm - 6.45pm Indoor Cycling	6.00pm - 7.00pm Beginner Pole Fitness*		6.00pm - 7.00pm Aerial Hoop*	
7.00pm - 8.00pm Circuits *	7.00pm - 8.00pm Intermediate Pole Fitness*		7.00pm - 8.00pm Aerial Hoop*	
6.00pm - 7.00pm Aerial Sling*				
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All classes are adaptable to an individuals fitness level.

Participants must be over the age of 16 years.

\*These classes are run privately, prices may vary.

Class Descriptions	
<b>Indoor Cycling</b>	Upbeat cardiovascular workout that will challenge you with a variety of routines.
<b>Mat Pilates</b>	A privately run class working on strength and flexibility. Members £5, Non-members £8.
<b>Gymfit</b>	Mixing up different types of training to help you achieve your fitness goals.
<b>Circuits</b>	Multi station exercises designed to hit all areas of the body.
<b>Aqua Tone</b>	Low impact water workout.
<b>Bootcamp</b>	Group training that will challenge the whole body through a verity of exercises and equipment
<b>Sling, Pole and Hoops</b>	For more information regarding classes and to book visit : <a href="http://www.poletricks.co.uk">www.poletricks.co.uk</a>

Membership	Session Cost	Group Exercise Pass 10x sessions
Package Members (Spark & Flame)	£4.00	£30.00
Club Members	£5.00	£40.00
Leisure Members	£6.00	£50.00

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