

Group Exercise Timetable

Effective from Spring 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
6.15am - 7.00am Indoor Cycling	6.00pm –6.45pm Indoor Cycling	6.15am - 7.00am Indoor Cycling	12.00pm - 1.15pm Yoga*	6.15am - 7.00am Indoor Cycling	
12.00pm - 1.00pm Mat Pilates *	7.00pm - 7.45pm Aqua Tone	<p>All classes are adaptable to an individuals fitness level.</p> <p>Participants must be over the age of 16 years.</p> <p>*These classes are run privately and cost £5-£8 depending on the class.</p>			9.15am - 10.00am Gymfit
6.00pm –6.45pm Indoor Cycling					
7.00pm - 8.00pm Circuits *					

Class Descriptions

Indoor Cycling	An upbeat cardiovascular workout with instructors motivating participants through a variety routines.
Mat Pilates	A privately run class working on strength and flexibility. Members £5, Non-members £8.
Gymfit	Mixing up different types of training to help you achieve your fitness goals.
Circuits	Multi station exercises designed to hit all areas of the body.
Aqua Tone	Low impact water workout.

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