

Class Timetable

Over 50 Classes each week with our qualified instructors to help you get fit, healthy and feeling great!

MONDAY

10.00am	Get Up & Tone	6.30pm	Spinnin
10.00am	Aqua natal	7.00pm	Circuits
11.00am	Hatha Yoga	7.00pm	Circuits (C)
11.00am	Aqua Aerobics	7.00pm	Mambo Stomp
6.00pm	Khai - Bo	8.00pm	Hatha Yoga

TUESDAY

09.30am	Spinnin	6.30pm	Spinnin
09.30am	Step Aerobics	6.00pm	Hatha Yoga
10.30am	Bodyzone	7.00pm	Hi Energy
10.30am	Aqua Aerobics	7.00pm	Aqua Aerobics (C)
12noon	Pilates	7.00pm	Circuits (C)
5.15pm	Abs Blast	8.00pm	Hatha Yoga
6.00pm	Aerotone		

WEDNESDAY

09.30am	Spinnin	6.30pm	Spinnin
10.30am	Aqua Aerobics	6.30pm	Aqua Aerobics
11.00am	Body Zone	7.00pm	Circuits
12.15pm	Pilates	7.00pm	Aerobics (PwLD)*
6.00pm	T.Time Tone	8.15pm	Core & More
6.30pm	Hatha Yoga (C)		

THURSDAY

10.00am	Aerostep	6.30pm	Spinnin
11.00am	Hatha Yoga	6.30pm	Core & More (C)
4.00pm	Dance with Keeley	7.00pm	Hi Energy
5.30pm	Dance with Keeley (C)	7.15pm	Pilates (C)
6.00pm	Shape and Tone		

FRIDAY

10.00am	Bodyzone	6.00pm	Trim & Tone
11.00am	Beginner Pilates	6.30pm	Spinnin
4.30pm	Circuits	7.00pm	Dance & Tone

SATURDAY

09.30am	Spinnin
11.30am	Pilates (C)

SUNDAY

10.30am	Hi Energy
---------	-----------

All classes held at the Northgate Arena except those denoted by a (C) which are held at Christleton Sports Centre.

* People with learning disabilities.

You should seek advice from your GP if you suffer from any serious medical conditions, are pregnant or breast feeding.



CLASS DESCRIPTION

Aerostep - Great for improving circulation.

Aerotone - Fitness and Body Toning

Aqua Aerobics - Splash and tone, great fun for all ages!

Abs Blast - Circuits class targeting under 16s, but open to all.

Aqua Natal - A gentle class that improves breathing techniques

Body Zone - Hi-low Aerobics and toning

Circuits - A good basic workout for the whole body. Excellent way to improve fitness.

Core & More - A vigorous fitness that aids strength and flexibility

Dance & Tone - Body toning with real dance moves

Dance with Keeley - Street dance for 5 - 13 yrs

Get Up & Tone - Refresh your mind and body and tone up vital areas.

Hatha Yoga - A union of mind, body and spirit to reduce stress

Hi - Energy - Fast Moving impact Aerobics

Khai-Bo - High Impact fitness with a Martial Arts Twist

Mambo stomp - Basic step aerobic that gets you stomp, stomp, stomping... great fun!

Pilates - a gentle, low impact form of exercise that can relieve aches and pains.

Shape and Tone - Shapes lower body , improve posture

Spinnin - A cardio-vascular exercise. Use Spinnin' as part of your weekly exercise routine to improve your fitness, health & vitality

Step Aerobics - The Original fitness work out

T. Time Tone - Body Toning with hand weights

Trim & Tone - All over body tone

