

# FITNESS CLASS TIMETABLE

## MONDAY

7.00pm CARDIO AEROBICS ©

## TUESDAY

7.00pm AQUA AEROBICS ©

7.00pm CIRCUIT TRAINING ©

## WEDNESDAY

6.00pm JUNIOR CIRCUIT TRAINING (M)

7.00pm ADULT CIRCUIT TRAINING (M)

## THURSDAY

5.30pm DANCE WITH KEELEY ©

Modern Dance Class for children aged 6-12 years

6.30pm FITNESS YOGA ©

7.15pm PILATES ©

## SATURDAY

11.30am PILATES ©

© Christleton Sports Centre (T) 01244 336 664

(M) Malpas Sports Centre (T) 01948 860 487

## PRICELIST

£3.20 All Adult Classes

All Christleton classes complimentary to U:Can customers

£2.50 Junior Classes

£4.50 Adult & Child at Adult Class

## 'U:Can Together!'

If you're a U:CAN Member, why not add a child to your package for only £10 a month

**that's a saving of £7.95 a month!**

[WWW.CADSART.CO.UK](http://WWW.CADSART.CO.UK)



Chester & District Sports & Recreation Trust (CADSART)

CADSART is a registered charity No 1054115. The Charity exists to provide recreation & leisure for the residents of Chester and District