



Aerobics Programme Autumn 2009



STARTS MONDAY 7th SEPTEMBER

	09 00	10 00	11 00	12 00	13 00	14 00	15 00	16 00	17 00	18 00	19 00	20 00	21 00
MON		50+ AEROBICS		AQUAFIT (POOL)	BODY CONDITIONING						PILATES* YOGA*	PILATES* YOGA*	
TUES				AEROBICS	BODY CONDITIONING					LOW IMPACT AEROBICS	STEP AEROBICS	STEP AEROBICS	
WED				YOGA'LATES	LEGS, BUMS & TUMS	AQUAFIT (POOL)				BODY TONING	AEROBICS		
THURS										BODY CONDITIONING	AEROBICS		
FRI		YOGA	YOGA*	STEP & TONE	YOGA'LATES					SALSA AEROBICS	ZUMBA		
SAT		STEP AEROBICS	BODY TONING										
SUN										STREET DANCE	AEROBICS		

FOR PRICES, CLASS DETAILS & START TIMES SEE **AEROBICS PROGRAMME** LEAFLET



TRYING TO CHOOSE A CLASS? LOOK AT THE COLOUR CODING:

CALORIE BURNING

AQUAFIT

MUSCLE TONING & STRENGTH

RE-ENERGISE & RELAX * 6 WEEK COURSES



* For more details on Yoga & Pilates 6-Week Courses please refer to Sports Courses Leaflet available from Reception