

AEROBICS PROGRAMME



- The Sportspark offers a wide range of classes within the Dance Studio and the Pool
- You are not required to book onto an aerobics class, just pay for the class at Reception and hand your ticket/card to the instructor at the beginning of the class

Day & Time	Instructor	Starts Monday 7th September 2009	
		Class Details	
		Venue	
MONDAY			
9.15 – 10.15am 11.00 – 12 noon 12.15 – 1.05pm	Carlota Julie Kathryn	50+ Aerobics (FILL) : Low intensity work out -flexibility & toning exercises <input checked="" type="checkbox"/> Aquafit & Swim : Exercise, toning & resistance work in water! Body Conditioning : Toning & Aerobic workout. All abilities welcome	D/Studio Pool D/Studio
TUESDAY			
12.15 – 1.05pm 1.10 – 2.00pm 5.30 – 6.30pm 6.30 – 7.30pm 7.30 – 8.30pm	Sarah Sarah Jackie Jackie Jackie	Aerobics : Fun and easy moves for calorie burning and toning Body Conditioning : Easy to follow toning class for all abilities. Excellent for flexibility Low Impact Aerobics : Gentle aerobic workout with whole body toning Step Aerobics : Fun and easy moves for calorie burning – all abilities Step Aerobics : Fun and easy moves for calorie burning – all abilities	D/Studio D/Studio D/Studio D/Studio D/Studio
WEDNESDAY			
12.15 – 1.05pm 1.10 – 2.00pm 2.00 – 3.00pm 5.30 – 6.30pm 6.30 – 7.30pm	Donna Donna Julie Louise Louise	Yoga'Lates : a mixture of yoga & pilates style movements with a fitness slant Legs, Bums & Tums : aerobics & toning workout for all those awkward body parts <input checked="" type="checkbox"/> Aquafit & Swim : Exercise, toning & resistance work in water! Body Toning : Gentle exercises, suitable for all abilities. General all over toning Aerobics –Hi/Lo : Calorie burning and tone	D/Studio D/Studio Pool D/Studio D/Studio
THURSDAY			
5.30 – 6.30pm 6.30 – 7.30pm	Sarah Sarah	Body Conditioning : Easy to follow toning class for all abilities. Excellent for flexibility Aerobics : Fun and easy moves for calorie burning and toning	D/Studio D/Studio
FRIDAY			
12.15 – 1.05pm 1.10 – 2.00pm 5.30 – 6.30pm 6.30 – 7.30pm	Donna Donna Carlota Carlota	Step & Tone Aerobics : Fun, energetic workout Yoga'Lates : a mixture of yoga & pilates style movements with a fitness slant Salsa Aerobics : Latin rhythms with cardiovascular exercise Zumba : South American rhythms with aerobic workouts	D/Studio D/Studio D/Studio D/Studio
SATURDAY			
10.00 – 11.00am 11.00–12.00pm	Carlota Carlota	Step Aerobics : Fun and easy to follow Body Toning : Gentle exercises, suitable for all abilities. General all over toning	D/Studio D/Studio
SUNDAY			
5.00 – 6.00pm 6.00 – 7.00pm	Hannah Hannah	Street Dance : Modern dance/aerobic style workout class Aerobics Dance : Fun and easy moves for calorie burning and toning	D/Studio D/Studio
<input checked="" type="checkbox"/> Pool sessions cost £4.40 non-card holder (+60p entrance) , £3.50 Sportscard holder			

AEROBICS PRICING

- **Single ticket price:**
£4.40 Pay and Play*
£4.00 SportsCard / Educational Card
£3.00 50+ (FILL) Non-cardholder*
£2.40 50+ (FILL) Sportscard
- **5 ticket card:**
£22.00 Play & Play*
£16.00 SportsCard
£15.00 50+(FILL) Non-cardholder*
£12.00 50+(FILL) Sportscard
£11.00 EDUC SportsCard/UEA
- ***60p entry fee applies to all non-cardholders**

POLICIES

- **Classes cannot be pre-booked.... 1st in the door system operates**
- **Tickets/cards must be presented to the instructor at the start of the class.**
- **Class length = approx. 50 minutes**

