

FITNESS CLASSES FROM FEBRUARY 2010

at

The Heights Leisure Centre

Day	Time	Class	Level	Price	Instructor	Crèche
Monday	8.00 to 9.00am	NEW Fitness Pilates (6 week course)	All	See Below	Lewis	No
	9.15 to 10.15am	BLT Xtra	All	£4.20	Julie	Yes
	11.15am to 12.15pm	HiLo Aerobics	All	£4.20	Susie	Yes
	12.15 to 1pm	Stretch and Relax	All	£4.20	Susie	Yes
	6pm to 7pm	NEW Zumba Fitness		£4.20	Lyssa	No
	7pm to 8pm	NEW Bodysculpt		£4.20	Charlotte	
Tuesday	9.15 to 10.15am	Bodysculpt	All	£4.20	Maria	Yes
	10.15 to 11.15am	NEW Zumba Fitness		£4.20	Julie	
	11.15am to 12.15pm	Step Reebok		£4.20	Julie	
	6 to 7pm	Bodysculpt		£4.20	Lyssa	No
	6 to 8.30pm NEW	Ladies-only gym (in the Health Zone)		£5.20	Dom	
	7 to 8pm NEW	Dance aerobics		£4.20	Lewis	
	8 to 8.30pm	Abs and back core conditioning		£2.70	Lewis	
Wednesday	9.30 to 10am	Back to Basics	Beg/Int	£4.20	Charlotte	Yes
	10.45 to 11.45am	20/20/20 Aerobics	All	£4.20	Charlotte	
	6 to 6.30pm	Abs and back core conditioning		£2.70	Lyssa	No
	6.30 to 7.30pm	NEW Martial combat		£4.20	Lyssa	
	7.30 to 8.30pm	NEW Zumba Fitness	£4.20	Lewis		
Thursday	9.15 to 10.15am	Bodysculpt	All	£4.20	Susie	Yes
	11.15am to 12.15pm	HiLo Moves and Grooves		£4.20	Maria	
	12.15 to 1pm	Stretch and Relax		£4.20	Maria	
	6 to 7pm	Step Reebok		£4.20	Julie	No
	5 to 9pm NEW TIME	Ladies-only gym (in the Health Zone)		£5.20	Wendy	
	7 to 8pm	20/20/20 Aerobics		£4.20	Tiff	
	8 to 9pm NEW	Fitness Pilates (six week course)		See below	Lewis	
Friday	9.15 to 10.15am	20/20/20 Aerobics	All	£4.20	Susie	Yes
	12.15-1.15pm	NEW Zumba Fitness		£4.20	Lyssa	Yes
	6 to 6.30pm	Abs and back core conditioning		£2.70	Julie	No
	6.30 to 7.30pm	NEW Zumba Fitness		£4.20	Julie	
Sat	10 to 11am	NEW Zumba Fitness	All	£4.20	Lewis	No
Sun	9.30 to 10.30am	Bodysculpt	All	£4.20	Debbie	No
	10.30 to 11.30am	Step Reebok		£4.20	Julie	

PLEASE GIVE 24 HOURS' NOTICE WHEN CANCELLING A BOOKED CLASS

Booking is advisable for all classes

*Fitness classes are included as part of the One Card. Excludes Fitness Pilates and Fat Loss Bootcamp.
Fitness Pilates will run as 6 week courses.*

Cost: £33 Casual customers or £16.50 for Full One Card Holders (DD or Annual only)

Fat Loss Bootcamp runs as a 4 Week Course

Cost: £82.00 Casual customers or £41.00 for Full One Card Holders (DD or Annual only)

Rev January 2010

ALL CLASSES ARE SUBJECT TO CHANGE