



Autumn Fitness Class Schedule 2008



Gentle Exercise for Over 50's

A class for those who prefer a slower pace. The session aims to improve mobility, strength and flexibility. Also includes time after the class for a chat over tea and coffee.

Date: Mondays from 8th September

Time: 10.00-11.00 am

Price: £17.50

Yoga

Help take the stress out of daily life with this yoga class that places emphasis on posture and relaxation. All levels welcome.

Date: Mondays from 8th September (5 weeks)

Time: 5.00-6.30 pm

Price: £25.00

Line Dancing

A beginner/intermediate class for those want to try something new with the benefits of improved cardiovascular fitness, mental agility and emphasis on enjoyment.

Date: Mondays from 8th September (5 weeks)

Time: 7.00-8.30 pm

Price: £25.00

Aerobics

Up-beat exercise to music class for beginners/intermediates designed to improve cardiovascular fitness and muscle tone.

Date: Tuesdays from 9th September (10 weeks)

Time: 6.30-7.30 pm

Price: £35.00

Belly Dancing

Learn basic belly dancing in a fun and enjoyable environment whilst developing your coordination and helping you tone up.

Date: Tuesdays from 9th September (10 weeks)

Time: 7.30-9.00 pm

Price: £35.00

Circuit Training

Circuit training is an excellent way to improve mobility, strength and stamina. It utilises a group of exercises that are completed one exercise after another. Ideal for those who enjoy exercising to music in a group environment at their own pace. All levels welcome.

Date: Wednesdays and Thursdays from 10th September (10 weeks)

Time: 6.30-7.30 pm

Price: £35.00

Bums & Tums

This class is designed to target those main worry areas by toning and shaping the hips and thighs. Mainly floor based.

Date: Thursdays from 11th September (10 weeks)

Time: 12.30-1.00 pm

Price: £15.00

Step Aerobics & Body Toning

High intensity, low impact session designed to improve cardiovascular fitness and condition the whole body with particular emphasis on legs, hips and bums.

Date: Thursdays from 11th September (10 weeks)

Time: 7.45-8.45 pm

Price: £35.00

The Yorebridge Sports Development Association Limited.

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Registered Office

Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by Yorebridge Sports Development Association Ltd

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