



Class Descriptors

Gentle Exercise for Over 50's

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

Yoga

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

Line Dancing

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

Dancercise

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

Belly Dancing

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

Circuit Training

Circuit training is an excellent way to improve mobility, strength and stamina and involves completing a circuit of exercises to music. Ideal for those who enjoy exercising in a group environment at their own level. All levels of fitness welcome.

Step Aerobics & Body Toning

High intensity, low impact session designed to improve cardio vascular fitness, co-ordination and tone the whole body.

Bums & Tums

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

FIT4LIFE

An informal session providing dietary and exercise advice. There will be practical elements with the chance to have your own exercise and nutrition plan created especially for you. Receive encouragement and practical advice on how you can turn your life around and maintain a healthy lifestyle.

GYM OPENING HOURS (From 1st January 2009)

MON	8:00am – 1:00pm	4:00pm – 8:00pm
TUE	CLOSED	
WED	8:00am – 1:00pm	4:00pm – 8:00pm
THU	8:00am – 1:00pm	4:00pm – 8:00pm
FRI	8:00am – 1:00pm	4:00pm – 7:00pm
SAT	9:30am – 12:30pm	
SUN	CLOSED	