



## HEALTH CLUB CLASSES TARIFF

### Monday

		Members	Non-members
7:15am - 8:00am	Spin with Becky	£4.00	£7.00
8:30am - 9:30am	Tae Bo with Lee Bra'de	£1.50	£3.50
9:30am - 10:30am	Body Conditioning with Di Taylor	£7 per person	
10:45am - 12:15pm	Yoga with Barry Leach	£5.00	£6.50
13:30pm - 14:30pm	Tai-Chi with Alicia Severn	£3.50	£4.50
19:00pm - 20:00pm	Circuit Training with Lee	£1.50	£3.50

### Tuesday

9:00am - 10:00am	Tao Bo with Lee Bra'de	£1.50	£3.50
9:30am - 10:15am	Aqua Aerobics with Rowan	£4.00	£7.00
10:15am - 11:15pm	Yoga with Ellie	£7 per person	
13:15pm - 14:15pm	Pilates with Audrey Boyle	£POA - 6 week course	
15:30pm - 18:30pm	Kids swimming lessons with Iswm	£POA - term time	
17:30pm - 18:15pm	Spin with Becky	£4.00	£7.00
18:30pm - 19:30pm	Legs, Bums and Tums with Hattie	£1.50	£3.50

### Wednesday

9:30am - 11:00am	Yoga with Barry Leach	£POA - 6 week course	
12:15pm - 13:00pm	Spin with Jane	£4.00	£7.00
17:30pm - 19:00pm	Yoga with Barry Leach	£5.00	£6.50
18:30pm - 19:15pm	Aqua Aerobics with Rowan	£4.00	£7.00
19:15pm - 20:00pm	Spin with Hattie	£4.00	£7.00

### Thursday

7:15am - 8:00am	Spin with Becky	£4.00	£7.00
9:00am - 10:00am	Tao Bo with Lee Bra'de	£1.50	£3.50
10:30am - 11:15am	Spin with Hattie / Rowan	£4.00	£7.00
17:15pm - 18:45pm	Yoga with Barry Leach	£POA - 6 week course	
19:00pm - 20:00pm	Circuit Training with Lee	£1.50	£3.50

### Friday

8:00am - 9:30am	Yoga with Barry Leach	£5.00	£6.50
10:00am - 11:00am	Circuit Training with Lee	£1.50	£3.50
17:30pm - 19:00pm	Yoga with Margaret Ramsey	£3.50	£4.50
19:15pm - 20:00pm	Spin with Rowan	£4.00	£7.00

### Saturday

8:30am - 9:15am	Spin with Hattie / Rowan	£4.00	£7.00
8:30am - 10:30am	Kids swimming lessons with Iswm	£POA - term time	
9:45am - 10:45am	Tao Bo with Lee Bra'de	£1.50	£3.50

## CLASS DESCRIPTIONS

### Aqua Aerobics

A fun and energetic, water based class. Great for all abilities and ages. Aims to improve fitness working all areas, with low impact.

### Body Conditioning

An all-round workout to suit all abilities and ages.

### Circuit Training

This is one of the best ways to develop good all round fitness and body tone. It combines cardiovascular activity with toning and resistance exercises regardless of your current level of fitness.

### Legs, Bums and Tums

A fun class which targets those common problem areas, increases stamina and cardiovascular fitness overall.

### Pilates

An effective and safe exercise to develop core strength and flexibility. Please contact Audrey on 01394 450526 for prices.

### Spin

A form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel.

### Tae Bo

A cardiovascular exercise that blends aerobics, self-defence, martial arts, kick boxing and yoga.

### Tai Chi

A Chinese system of slow physical exercise designed for relaxation, balance and health.

### Yoga

This keeps the body flexible which can reduce the process of cell deterioration and help medical problems.

**Please call 01394 386871 to book any of these classes.  
Bookings can be taken 1 week in advance.**