

# fitness class timetable

MONDAY 8am – 7pm	TUESDAY 8am – 8pm	WEDNESDAY 8am – 8pm	THURSDAY 8am – 9pm	FRIDAY 8am – 6pm	SATURDAY 9am – 5pm
<p>9am – 9.45am <b>DYNAMIC STRENGTH &amp; BALANCE</b> (studio)</p> <p>10am – 10.30am <b>AQUA FIT</b> (pool)</p> <p>11.15am – 11.45am <b>TAI CHI</b> (studio)</p>	<p>9.30am – 10am <b>AQUA CIRCUITS</b> (pool)</p> <p>10.15am – 11am <b>LADIES GYM SESSION</b> (gym)</p> <p>10.30am – 11am <b>MEDITATION</b> (studio)</p> <p>11.15am – 12pm <b>PILATES</b> (studio)</p>	<p>9am – 10am <b>AEROBICS &amp; PILATES</b> (studio)</p> <p>10.15am – 10.45am <b>TAI CHI</b> (studio)</p> <p>10.15am – 11am <b>AQUA BARRE</b> (pool)</p> <p>11.15am – 11.45pm <b>ZUMBA DANCE</b> (studio)</p>	<p>9am – 9.45am <b>DYNAMIC STRENGTH &amp; BALANCE</b> (studio)</p> <p>10am – 10.45am <b>CIRCLE DANCING</b> (studio)</p> <p>11.15am – 11.45am <b>AQUA ZUMBA</b> (pool)</p>	<p>9am – 9.45am <b>AQUA BARRE</b> (pool)</p> <p>10am – 11am <b>AEROBICS &amp; PILATES</b> (studio)</p> <p>11.15am – 11.45am <b>TAI CHI</b> (studio)</p>	
<p>2.30pm – 3.15pm <b>BALANCE &amp; STABILITY</b> (studio)</p>	<p>12.15pm – 1pm <b>PILATES</b> (studio)</p> <p>2.30pm – 3.15pm <b>BALANCE &amp; STABILITY</b> (studio)</p>	<p>2.30pm – 3.15pm <b>BALANCE &amp; STABILITY</b> (studio)</p>	<p>2.30pm – 3.15pm <b>BALANCE &amp; STABILITY</b> (studio)</p>	<p>2.30pm – 3.15pm <b>POSTURE PERFECT</b> (studio)</p>	<p><b>SUNDAY</b> 9am – 5pm</p> <p>1.45pm – 2.45pm <b>GRAND CHILDREN SWIM</b></p>
<p>4pm – 5pm <b>RESIDENT ONLY SWIM</b></p> <p>5.15pm – 6pm <b>CIRCUIT TRAINING</b> (gym)</p>	<p>4pm – 5pm <b>RESIDENT ONLY SWIM</b></p> <p>4pm – 4.30pm <b>GAMES</b> (care floor – Sycamore)</p> <p>6pm – 6.45pm <b>AQUA CIRCUITS</b> (pool)</p> <p>6.45pm – 7.30pm <b>PILATES</b> (studio)</p>	<p>4pm – 4.30pm <b>MAPLE EXERCISE</b> (care floor - Maple)</p> <p>4pm – 5pm <b>RESIDENT ONLY SWIM</b></p> <p>6pm – 7pm <b>YOGA</b> (studio)</p>	<p>4pm – 5pm <b>RESIDENT ONLY SWIM</b></p> <p>4pm – 5pm <b>SEATED EXERCISE</b> (care floor - Sycamore)</p> <p>6pm – 6.45pm <b>AQUA INTENSE</b> (pool)</p> <p>7pm – 8pm <b>BARRE PILATES</b> (studio)</p>	<p>4pm – 5pm <b>RESIDENT ONLY SWIM</b></p>	<p><b>BOOKING IS ESSENTIAL FOR ALL CLASSES</b></p> <p>Tel: 01235 774575</p> <p>Timetable correct as of 1/10/2017</p>

**Level 1 (Green): Gentle.** Exercises that can be seated, supported or unsupported. Emphasis is placed on improving balance and strength.

**Level 2 (Purple): Medium.** You will need to feel comfortable exercising without support and possibly coming down to the floor during the class.

**Level 3 (Red): Hardest.** Full of energy and new challenges. However these classes can be tailored and adapted to meet people's needs.