



Fitness & Exercise Classes



MEMBERS ONLY				
WHAT	WHERE	WHEN		
Circuit Training	Lower Gym	Wednesdays 7-8pm	£2	
Fat Burners	Lower Gym	Sundays 10-11am	£2	
Boxing with Tony	Lower Gym	Book at Gym desk	£2	
Junior Gym	Lower Gym	Saturdays 11-11:45am	FREE	
Livia's Weekend Tone Up	Lower Gym	Fridays 6:30pm	£2	
OPEN TO MEMBERS & NON MEMBERS			M	NM
Open Gym for the Over 50's	Upper Gym	Thursdays 10am-12pm	£6	£6
Zumba Zumba GOLD	Main Hall	Mondays 6:15pm Tuesdays 10am Wednesdays 9am	£5	£6
Pilates	Main Hall	Thursdays 7am Fridays 9.15am	£6	£8
Tennis Beginners	Tennis Courts	Tuesdays 10am-12pm	£4	£6
Squash Open Session	Squash Courts	Mondays 9:15am	£5	£6
Racketball Open Session	Squash Courts	Mondays 10:30am	£5	£6

FOR FURTHER DETAILS CALL 020 89420539