

# Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics - 10.30-11.15		Aqua Aerobics - 11.30-12.15 Pilates - 19.00-20.00		Pilates - 10.30-11.30		

- You Fit exercise classes are open to all members and cater for all fitness levels, allowing you to workout at your own pace and within your own comfort level. Your class instructor will provide exercise variations to suit your ability.
- If you are attending a group exercise class for the first time please inform the instructor prior to the start of the class.
- Group exercise classes are free to members. There may be a small additional charge for some holistic or specialist classes as noted on the timetable.
- All class times include the set-up and take-down of equipment.
- We advise you contact the club prior to attending the activity to ensure the class is running, or check our club facebook page.
- Advance booking is recommended. Please contact the club reception for further details.

**Holistic**  
Holistic activities help to improve suppleness and flexibility. They are also an excellent way to reduce stress levels and to restore your energy levels.

**Strength & Conditioning**  
Strength and conditioning classes are the perfect way to tone your muscles and shape your body.

**Cardio and Calorie Burn**  
These activities are energetic workouts which raise your heart rate and help to burn those calories.

**Swimming Lessons**

**Specialist**  
Specialist themed activities and classes



Take a picture or visit our website [youfitclubs.co.uk](http://youfitclubs.co.uk) to view our class timetable.

