

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Personal Training See Reception 6:30am-10:00pm	Personal Training See Reception 6:30am-10:00pm	Personal Training See Reception 6:30am-10:00pm	Personal Training See Reception 6:30am-10:00pm	Personal Training See Reception 6:30am-10:00pm	Personal Training See Reception 8:00am-9:00pm	Personal Training See Reception 8:00am-9:00pm
	Aquafit Gail 11am-11:45am		Aquafit Gail 10am-10:45am			Group & 1:1's Swintime 8:30am-6pm Group- 9am-11:30am 1:1's- 11:30-2:20pm Group- 2:30pm-3:30pm 1:1's- 4-6pm
Swim Lessons 1:1 Shauna 1:30pm-7:00pm	Swim Lessons 1:1 Shauna 1:30pm-7:00pm	Swim Lessons 1:1 Sally 12:15pm-7:15pm	Swim Lessons 1:1 Sally 12:15pm-7:15pm	Swim Lessons 1:1 Shauna 2:30pm-6:00pm		
LBT 6:00-6:30pm		Boxfit 6:00-6:30pm				
FatBurn 6:30-7:00pm		Circuits 6:30-7:00pm				
Abs and Stretch 7:00-7:30pm	Pilates Sharon 5:45pm-6:30pm	Abs 7:00-7:30pm	Pilates Gail 6:45pm-7:30pm			
	Pilates Sharon 6.30pm-7:15pm					

- 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 to view our class timetable.

