

# Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water babies 10:30am - 12:30pm			Dance Fit 9:30am - 10:15am	Aqua Fit 9:30am - 10:15am	Water babies 8:30am - 11:30am	Boogie Bounce 9:00am - 9:45am
Boogie Bounce 9:30am - 10:15am				Boogie Bounce 10:30am - 11:15am	You Fit Spin 8:15am - 8:45am	
You Fit Spin 10:30am - 11:00am		Low Impact 11:30am - 12:15pm			Boogie Bounce 9:00am - 9:45am	
Boogie Bounce 17:30pm - 18:15pm	You Fit Pump 5:30pm - 6:15pm					
Circuits 6:15pm - 7:00pm	Aqua Fit 6:30pm - 7:15pm					
Anti - Natal 6:45pm - 8:15pm	You Fit Spin 6:30pm - 7:00pm	Boxercise 6:30pm - 7:15pm	Legs, Bums & Tums 6:30pm - 7:15pm	Pilates 6:30pm - 7:30pm		
You Fit Spin & Pump 7:15pm - 20:15pm	Boogie Bounce 7:30pm - 8:30pm	Boogie Bounce 7:30pm - 8:15pm	Boogie Bounce 7:30pm - 20:15pm			

- 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](http://youfitclubs.co.uk) to view our class timetable.

