

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise 10:30–11:30 Sophie	Studio Cycling 09:30-10:15 Sophie		Beginners Conditioning 10:00-10:45 Lisa	Pilates 7:45-8:45 Tracev	Studio Cycling 09:00-09:45 Sophie	Body Conditioning 10:00-11:00 Alison
Studio Cycling 10:30-11:15 Naveed	Swimming Lessons 16:00-18:30 Kelly			Circuits 9:30-10:00 Naveed	Swimming Lessons 9:30-13:30 Puddle Ducks	Boxercise Circuits 12:00-13:00 Naveed
Swimming Lessons 16:00-17:30 Kelly	Yoga 18:00-19:00 Aruna	Swimming Lessons 16:00-18:30 Kelly	Holistic 18:00-19:00 Georgina	Beginners Studio Cycling 10:00-10:30 Naveed	Aerobics 10:00-11:00 Sophie	
Studio Cycling 17:45-18:30 Sophie	Aerobics 19:00-20:00 Sophie	Studio Cycling 18:30-19:15 Tracev	Aerobics 19:10-20:10 Michelle	Aquacise 10:30–11:30 Sophie		
19:10-20:10 Hips, Bums & Tums Michelle	Pilates 20:00-21:00 Sophie	Studio Cycling 19:15-20:00 Tracev	Boxercise 20:15-21:15 Naveed	Swimming Lessons 16:00-18:00 Kelly		

- 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.

