

COMMUNITY EXERCISE.



A programme of social sport and physical activity sessions including specialist classes for individuals experiencing health, fitness or mobility difficulties.

MON

Gym
09:00 - 10:00
The gym

Badminton
09:15 - 10:15
Sports Hall

Circuits
10:00 - 10:50
Studio 1

TUE

Guided Gym
09:00 - 10:00
The gym

Total Balance
10:00 - 10:55
Studio 3

Swimming
11:00 - 12:00
The pool

Pilates
11:00 - 11:45
Studio 1

WED

Guided Gym
09:00 - 10:00
The gym

Badminton
09:15 - 10:15
Sports Hall

Move and Tone
10:00 - 10:55
Studio 1

Latin Motion
11:00 - 11:45
Studio 1

THU

Gym
09:00 - 10:00
The gym

Strength & Conditioning
10:30 - 11:20
Studio 3

Yoga
10:30 - 11:30
Studio 1

Pilates
11:30 - 12:20
Studio 3

FRI

Gym
09:00 - 10:00
The gym

FROM 4 SEPTEMBER 2023