



# HORNSEA LEISURE CENTRE FITNESS CLASS PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9.30 - 10.30am	Legs, Bums & Tums 10.00 - 11.00am	Swim Fit 9.00 - 11.00am	Keep Fit 9.30 - 10.30am	Aqua Jog 9.00 - 9.30am
Salsa 10.30 - 11.30am	Stability Ball 11.15 - 11.45am	 9.30 - 10.30am	 9.30 - 10.30am	Stability Ball 10.00 - 10.30am
Healthy Lifestyle 10.30am - 12.00noon	Aqua Jog 12.00noon - 12.30pm	 10.30 - 11.30am	Aqua Aerobics 10.30 - 11.30am	Healthy Lifestyle 11.00am - 12.00noon
Pilates 11.30 - 12.30pm			 10.45 - 11.45am	
Keep Fit 1.15 - 2.15pm	Chair Aerobics 1.00 - 2.00pm	Aqua Jog 12.15 - 12.45pm	Chair Aerobics 1.00 - 2.00pm	
Aqua Aerobics 2.15 - 3.15pm				
Yoga 6.00 - 7.00pm	Indoor Cycling 6.00 - 6.45pm	Indoor Cycling 6.15 - 7.00pm	Indoor Cycling 6.00 - 6.45pm	
Keep Fit 7.00 - 8.00pm	Step Aerobics 7.00 - 8.00pm	 7.00 - 8.00pm	 7.00 - 8.00pm	
Indoor Cycling 7.15 - 8.00pm		Aqua Aerobics 8.00 - 8.45pm	 8.00 - 9.00pm	

**KEY TO TYPES OF EXERCISES**

-  Aerobic
-  Aqua
-  Cycling
-  Mind & Body
-  Toning

**Qualified Instructors**

- Terri
- Shaneen
- Mike
- Mandy
- Linda
- Sharon
- Molly
- Pat
- Ryan
- Tory
- Judy

Please Note: The advertised programme could alter at any time. Please check with reception.

Some classes require booking. Please see reception.