

DUE TO THE POOL CLOSURE ON SAT 12TH MAY, CHANGES HAVE BEEN MADE TO THE AQUA GROUP FITNESS TIMETABLE. THE CLASSES BELOW WILL BE RUNNING IN THE GROUP FITNESS ROOM TO HELP YOU KEEP YOUR FITNESS GOING UNTIL THE NORMAL AQUA TIMETABLE RESUMES ON THURSDAY 31ST MAY 2018.

MONDAY 7 TH MAY	TUESDAY 8 TH MAY	WEDNESDAY 9 TH MAY	THURSDAY 10 TH MAY	FRIDAY 11 TH MAY	SATURDAY 12 TH MAY
NORMAL AQUA TIMETABLE					POOL CLOSED-NO CLASSES

TIME	MONDAY 14 TH MAY	TUESDAY 15 TH MAY	WEDNESDAY 16 TH MAY	THURSDAY 16 TH MAY	FRIDAY 18 TH MAY	SATURDAY 19 TH MAY
7.30AM			HEALTHY MOVES Dionne			
8.00AM	NIFTY 50s PILATES Jennie	NIFTY 50s HEALTHY MOVES Rosemary		NIFTY 50s PILATES Jennie		
1.00PM	NIFTY 50s GYM MOVES Simon		NIFTY 50s Healthy Moves Dionne			

TIME	MONDAY 21 ST MAY	TUESDAY 22 ND MAY	WEDNESDAY 23 RD MAY	THURSDAY 24 TH MAY	FRIDAY 25 TH MAY	SATURDAY 26 TH MAY
7.30AM			HEALTHY MOVES Rosemary			
8.00AM	NIFTY 50s PILATES Jennie	NIFTY 50s HEALTHY MOVES Rosemary		NIFTY 50s PILATES Jennie		
1.00PM	NIFTY 50s GYM MOVES Simon		NIFTY 50s Healthy Moves Cherie			

TIME	MONDAY 28 TH MAY	TUESDAY 29 TH MAY	WEDNESDAY 30 TH MAY	THURSDAY 31 ST MAY	FRIDAY 1 ST JUNE	SATURDAY 2 ND JUNE
7.30AM			HEALTHY MOVES Rosemary			
8.00AM	NIFTY 50s PILATES Jennie	NIFTY 50s HEALTHY MOVES Rosemary		Normal Timetable resumes		
1.00PM	NIFTY 50s GYM MOVES Simon		NIFTY 50s Healthy Moves Cherie			

Nifty 50s Pilates – This classical Pilates class works on core strength, posture, stability and flexibility whilst improving quality of movement

Healthy Moves – A fitness session including cardio and strength training along with functional training for a balanced workout

Nifty 50s Gym Moves – A circuit style class which will take you into the gym and show you how to get a great workout with the equipment with great technique