

Group Fitness Timetable

Please note: the group fitness programme will be suspended from Friday 23rd December 2011 and will re-commence on Tuesday 3rd January 2012, with the exception of water aerobics which will be at the slightly earlier time of 9am - 10am on Tuesday 3rd January - returning to the normal time of 10am - 11am on Thursday 5th January 2012.

| Day | Class | Time |
|--------------|---|--|
| Mon | Nice & Gentle Aerobics* Nice & Gentle Aerobics* Tai-Chi Pump It Water Aerobics (14 yrs +) Zumba (14 yrs +) | 09.30 - 10.30 10.30 - 11.30 18.00 - 19.00 19.00 - 20.00 19.15 - 20.15 20.00 - 21.00 |
| Tues | Latino Aerobics (14 yrs +) Water Aerobics (14 yrs +) Supple, Strength & Relaxation Beginners Tai-Chi Tai-Chi | 09.15 - 10.15 10.00 - 11.00** 13.30 - 14.30 19.00 - 19.30 19.30 - 20.30 |
| Wed | Pilates Zumba (14 yrs +) | 10.30 - 11.30 18.30 - 19.30 |
| Thurs | Total Body Workout Water Aerobics* (14 yrs +) Core Stability Core Stability Zumba (14 yrs +) | 09.15 - 10.15 10.00 - 11.00** 10.30 - 11.30 11.30 - 12.30 18.30 - 19.30 |
| Fri | Beginners Tai-Chi Tai-Chi | 09.30 - 10.00 10.00 - 11.00 |
| Sat | Ballet & Modern Dance (children 5 - 15 yrs old) Zumba (14 yrs +) | 9.30 - 10.30 10.30 - 11.30 |

Facility opening times: Wednesday 4th January to Friday 30th March 2012 (inc.) (excluding Half Term 12th - 19th February)

| | 8am - 9am | 9am - 10am | 10am - 11am | 11am - 12pm | 12pm - 1pm | 1pm - 2pm | 2pm - 3pm | 3pm - 4pm | 4pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 8pm | 8pm - 9pm | Bodyworks & Squash | Eco-ice-skating | Fun Castle |
|--------------|-------------|-------------------------|------------------|-------------------------|------------|-----------|--------------------|-------------------------|----------------------------|----------------|-----------|--------------------|--------------|--------------------|-----------------|-----------------|
| MON | LENGTH SWIM | | PARENT & TODDLER | LENGTH SWIM | | | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | WATER AEROBICS | | 7.30am - 9.30pm | | 10am - 6pm |
| TUES | LENGTH SWIM | | WATER AEROBICS | LENGTH SWIM | | | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | JUNIOR LESSONS | | LENGTH SWIM | | 7.30am - 9.30pm | | 10am - 6pm |
| WED | LENGTH SWIM | | LENGTH SWIM | | | | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | ADULT SWIM LESSONS | | 7.30am - 9.30pm | | 10am - 6pm |
| THURS | LENGTH SWIM | | WATER AEROBICS | LENGTH SWIM | | | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | LENGTH SWIM | | 7.30am - 9.30pm | | 10am - 6pm |
| FRI | LENGTH SWIM | | LENGTH SWIM | | | | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | JUNIOR LESSONS | | LADIES ONLY | | 7.30am - 9.30pm |
| SAT | LENGTH SWIM | JUNIOR LESSONS | | GENERAL PUBLIC SWIMMING | | | FAMILY FUN SESSION | | AVAILABLE FOR PRIVATE HIRE | | | | 8am - 6.30pm | 12 noon - 6pm | 10am - 6pm | |
| SUN | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | | | | AVAILABLE FOR PRIVATE HIRE | | | | 8am - 6.30pm | 12 noon - 6pm | 10am - 6pm | |

Facility opening times: Half Term: Sunday 12th - Sunday 19th February 2012 (inc.)

| | 8am - 9am | 9am - 10am | 10am - 11am | 11am - 12pm | 12pm - 1pm | 1pm - 2pm | 2pm - 3pm | 3pm - 4pm | 4pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 8pm | 8pm - 9pm | Bodyworks & Squash | Eco-ice-skating | Fun Castle |
|--------------|-------------|-------------------------|-------------------------|-------------|------------|-----------|--------------------|-----------|----------------------------|-----------|-----------|-----------|----------------|--------------------|-----------------|------------|
| MON | LENGTH SWIM | PARENT & TODDLER | GENERAL PUBLIC SWIMMING | | | | | | | | | | WATER AEROBICS | 7.30am - 9.30pm | 12 noon - 6pm | 10am - 7pm |
| TUES | LENGTH SWIM | WATER AEROBICS | GENERAL PUBLIC SWIMMING | | | | | | | | | | LENGTH SWIM | 7.30am - 9.30pm | 12 noon - 6pm | 10am - 7pm |
| WED | LENGTH SWIM | | GENERAL PUBLIC SWIMMING | | | | | | | | | | LENGTH SWIM | 7.30am - 9.30pm | 12 noon - 6pm | 10am - 7pm |
| THURS | LENGTH SWIM | WATER AEROBICS | GENERAL PUBLIC SWIMMING | | | | | | | | | | LENGTH SWIM | 7.30am - 9.30pm | 12 noon - 6pm | 10am - 7pm |
| FRI | LENGTH SWIM | | GENERAL PUBLIC SWIMMING | | | | | | | | | | LADIES ONLY | 7.30am - 9.30pm | 12 noon - 6pm | 10am - 7pm |
| SAT | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | | FAMILY FUN SESSION | | AVAILABLE FOR PRIVATE HIRE | | | | 8am - 6.30pm | 12 noon - 6pm | 10am - 6pm | |
| SUN | LENGTH SWIM | GENERAL PUBLIC SWIMMING | | | | | | | AVAILABLE FOR PRIVATE HIRE | | | | 8am - 6.30pm | 12 noon - 6pm | 10am - 6pm | |

Key

* These sessions are included within the 50+ Monday and Thursday morning programmes
** 9.00 - 10.00am during school holidays

Please note that unless indicated, classes are not suitable for participants under the age of 16 years old.