

Extra Fitness Classes during March/April

DFH = David Ferguson Hall. F/S = Fitness Studio

WEDS 10 MARCH

6-7PM CIRCUITS for Advanced in DFH (Geoff). Lots of space to run around so includes running and shuttles plus the usual exercises to seriously improve your fitness!

6-7PM AB'S, BUMS & THIGHS for ALL levels in the F/S (Jo) A great class for toning up those troublesome areas!

WEDS 17 MARCH

10.30-11AM POWER WALKING in DFH (Andy). Replaces aerobics today. This is proving to be a very popular 'one off' class! If you think walking is easy, think again and give this class a go.

6-7PM CIRCUITS for Advanced in DFH (Geoff). Lots of space to run around so includes running and shuttles plus the usual exercises to seriously improve your fitness!

6-7PM BODY CONDITIONING for ALL levels in the F/S (Dave) Guaranteed to give your whole body a workout. This class is very popular so remember to book in advance!

TUES 20 APRIL

6-7PM CIRCUITS for Intermediate/Advanced in DFH (Geoff). Lots of space to run around so includes running and shuttles plus the usual exercises to seriously improve your fitness!

6-7PM BEGINNERS BODY BALANCE for **real** beginners in the F/S (Steph) Feel taller, thinner and more relaxed in this stress relieving class. If you haven't tried this class before, now is your chance to learn the moves with the other beginners. Why not bring a friend along too?

WEDS 21 APRIL

6-7PM CIRCUITS for Advanced in DFH (Geoff). Lots of space to run around so includes running and shuttles plus the usual exercises to seriously improve your fitness!

6-7PM BODY CONDITIONING for ALL levels in the F/S (Dave) Guaranteed to give your whole body a workout. This class is very popular so remember to book in advance!

Booking and Prices for all these classes is as normal: 7 days in advance for Members, 6 days in advance for Non-members (plus pay at the time of booking). Waiting list available for all classes. Please remember to cancel your place more than 1hr in advance if you cannot attend. Tickets for each class should be collected PRIOR to the class.

Any queries regarding classes, please call Reception on 747200 or email: gail.king@cultureleisure.gov.gg