



Active Seniors Classes Timetable September 2020

Monday

| Class | Level | Class Time | Leader |
|--|-------|---------------|--------|
| Pilates | All | 09.30 – 10.30 | Sarita |
| Tai Chi for the over 50's (6 week course) | All | 11.30 – 12.30 | Kim |
| Fitness Session in Gym | All | 10.30 – 11.15 | Alison |
| Fitness Session in Gym | All | 12.00 – 12.45 | Alison |
| Yoga Flow | All | 15.00 – 16.00 | Clive |
| Nordic Walking | All | 19.15 – 20.15 | Hazel |

Tuesday

| Class | Level | Class Time | Leader |
|--|-------|---------------|--------|
| Walking Netball | All | 11.00 – 12.00 | Lucy |
| Tai Chi for the over 50's 6 week course | All | 14.00 – 15.00 | Kim |
| Beginners Pilates Class | 1 | 18.00 – 19.00 | Becky |

Wednesday

| Class | Level | Class Time | Leader |
|------------------------|-------|---------------|--------|
| Yoga | All | 09.30 – 10.30 | Sarita |
| Fitness Session in Gym | All | 10.30 – 11.15 | Alison |
| Fitness Session in Gym | All | 12.00 – 12.45 | Alison |

P.T.O



Active Seniors Classes Timetable September 2020

Thursday

| Class | Level | Class Time | Leader |
|-------------------------|-------|---------------|---------|
| Pilates | All | 09.30 – 10.30 | Carllye |
| Yoga | All | 10.45 – 11.45 | Sarita |
| Tai Chi (6 week course) | All | 11.30 – 12.30 | Kim |
| Fitness Session in Gym | All | 10.30 – 11.15 | Dan |
| Fitness Session in Gym | All | 12.00 – 12.45 | Dan |
| Senior Zumba | All | 13.30 – 14.30 | Sharon |
| Gentle Yoga | All | 16.00 – 17.00 | Clive |

Friday

| Class | Level | Class Time | Leader |
|------------------------|-------|---------------|--------|
| Yoga | All | 09.30 – 10.30 | Sandra |
| Fitness Session in Gym | All | 10.30 – 11.15 | Alison |
| Fitness Session in Gym | All | 12.00 – 12.45 | Alison |

Sunday

| Class | Level | Class Time | Leader |
|---------------------------------|-------|---------------|--------|
| Yoga & Meditation for Beginners | Beg' | 10.00 – 11.00 | Clive |

All Classes must be booked in advance

Please contact Wodson Park Reception – 01920 487 091

Level 1 - beginners, Level 2 - intermediate, Level 3 - advanced