

# Fitness Classes

## week commencing Monday 21<sup>st</sup> September 2020

### Monday

Class	Level	Class Time	Leader	Venue
Bounce* <i>(please book at bouncefitbody.com)</i>	All	09.15 - 10.15	Claire	North Hall
H.I.I.T Circuits	2	09.15 - 10.15	Alison	Studio
Buggy Circuit* <i>(please book with Lorna)</i>	All	09.30 - 10.15	Lorna	Track
Buggy Circuit* <i>(please book with Lorna)</i>	All	10.15 - 11.00	Lorna	Track
Total Body Conditioning	All	18.00 - 19.00	Hazel	North Hall
Mad Circuits	All	19.00 - 20.00	Alison	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	20.30 - 21.30	Claire	North Hall

### Tuesday

Class	Level	Class Time	Leader	Venue
The Mixer	All	09.15 - 10.15	Sarah	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	10.30 - 11.30	Claire	Studio
Total Body Conditioning	All	18.00 - 19.00	Sarah	North Hall
Dance Fit with Aerobics	All	19.15 - 20.15	Sarah	North Hall

### Wednesday

Class	Level	Class Time	Leader	Venue
Body Sculpt	All	09.15 - 10.15	Andrew	Studio
Buggy Circuit* <i>(please book with Lorna)</i>	All	09.30 - 10.15	Lorna	Track
Dance Fit	All	13.30 - 14.30	Sarah	Studio
Pump it Up	All	18.00 - 19.00	Katie	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	19.15 - 20.15	Claire	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	20.30 - 21.30	Claire	Studio

**ALL Wodson Park Fitness Classes are limited to a MAXIMUM of 20 participants and MUST be pre-booked, by calling Wodson Park Reception, tel: 01920 487 091**

- **Wodson Park Members** may book our Fitness Classes up to 7 days in advance
- **Non-Members** may book our Fitness Classes up to 3 days in advance

**Please Note:**

Classes labelled with \* may **NOT** be booked using Wodson Park's **10 Fitness Class 'Pay & Exercise' card**.

Please book these classes direct with the Class Leader.

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### Thursday

Class	Level	Class Time	Leader	Venue
Body Blitz	All	10.00 - 11.00	Sarah	North Hall
Buggy Circuit* <i>(please book with Lorna)</i>	All	10.00 - 10.45	Lorna	Track
Senior Zumba	All	13.30 - 14.30	Sharon	North Hall
Body Conditioning	All	18.00 - 19.00	Sharon	North Hall
Zumba	All	19.15 - 20.15	Karen	North Hall

### Friday

Class	Level	Class Time	Leader	Venue
Below The Belt	All	09.15 - 10.15	Sharon	North Hall
Bounce* <i>(please book at bouncefitbody.com)</i>	All	10.30 - 11.30	Claire	North Hall

### Saturday

Class	Level	Class Time	Leader	Venue
Total Body Conditioning	All	09.30 - 10.30	Sarah	North Hall

### Sunday

Class	Level	Class Time	Leader	Venue
Legs Bums and Tums	All	09.30 - 10.30	Katie	Studio

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