

# Fitness Classes

## Week commencing Monday 28<sup>th</sup> November 2022

### Monday

Class	Level	Class Time	Leader	Venue
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
Zumba* <i>(please book at ZumbabyLaura@gmail.com)</i>	All	10:30 - 11:30	Laura	Studio
Move It or Lose It <b>*NEW CLASS*</b>	1	13.45 - 14.45	Belinda	Studio
Fit Blitz <b>*NEW CLASS*</b>	All	18.00 - 18.55	Sam	Studio
Mad Circuits	All	19.00 - 19.55	Alison	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	20.15 - 21.15	Claire	Studio

### Tuesday

Class	Level	Class Time	Leader	Venue
The Mixer	All	09.15 - 10.15	Jane	Studio
Line Dancing* <i>(please book with Sarah)</i>	All	11.00 - 12.30	Sarah	Studio
Total Body H.I.I.T / Strength	All	18.00 - 19.00	Sarah	Studio

### Wednesday

Class	Level	Class Time	Leader	Venue
Beginners Strength	All	09.15 - 10.15	Carllye	Nigel Poulton Hall
Buggy Circuit* <i>(please book with Lorna)</i>	All	09.30 - 10.15	Lorna	Track
Line Dancing	All	11.15 - 12.45	Sarah	Studio
Bounce* <i>(please book at bouncefitbody.com)</i>	All	19.15 - 20.15	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 directly with the Class Leader.

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## Week commencing Monday 28<sup>th</sup> November 2022

### Thursday

Class	Level	Class Time	Leader	Venue
Buggy Circuit* <i>(please book with Lorna)</i>	All	10.00 - 10.45	Lorna	Track
Body Blitz	All	10.00 - 11.00	Hazel	Studio
Senior Zumba	All	13.30 - 14.30	Sharon	Studio
Cardio / Strength 55	All	18.00 - 18.55	Sarah	Dance Floor
Zumba	All	19.00 - 20.00	Karen	Dance Floor

### Friday

Class	Level	Class Time	Leader	Venue
Below The Belt	All	09.15 - 10.15	Sharon	Studio

### Saturday

Class	Level	Class Time	Leader	Venue
Total Body H.I.I.T / Strength	All	09.15 - 10.15	Sarah	Studio
Low Impact, High Sweat	All	10.30 - 11.30	Sarah	Studio

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