



# Fitness Classes

Week commencing Monday 5<sup>th</sup> August 2024

## Monday

Class	Level	Class Time	Leader	Venue
H.I.I.T Circuits	2	09.15 - 10.15	Mads	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
Fit Blitz	All	18.00 - 18.55	Sam	Studio
Mad Circuits	All	19.00 - 19.55	Alison	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	<i>Sharon Covering</i>	South 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

**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 \* must be booked directly with the Class Leader.



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Week commencing Monday 5<sup>th</sup> August 2024

## Thursday

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

## Friday

Class	Level	Class Time	Leader	Venue
Below The Belt	<b>Cancelled</b>			

## 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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