



# Fitness Classes

## Week commencing Monday 9<sup>th</sup> September 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 | Carllye | 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     |
| <b>*NEW*</b> Fitness Fusion                    | All   | 19.00 – 20.00 | Natalie | 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 9<sup>th</sup> September 2024

## Thursday

| Class   | Level | Class Time    | Leader | Venue      |
|---|-------|---------------|--------|------------|
| <b>*NEW*</b> Barre Intensity Class<br><i>Please book with Laura – 07970 489 165</i><br><a href="mailto:Lauramaywood82@gmail.com">Lauramaywood82@gmail.com</a> | All   | 09.00 – 10.00 | Laura  | Studio     |
| Buggy Circuit* <i>(please book with Lorna)</i>  | All   | 10.00 - 10.45 | Lorna  | Track      |
| Body Blitz  | All   | 10.10 - 11.10 | Hazel  | Studio     |
| 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 | 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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