

PAID FOR COURSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
09:00								
09:15							Aqua Fit (45 mins) Annie Arscott	
09:30	Advanced Pilates (1 hour) Kirsten Cowan		Beginners Pilates (1 hour) Kirsten Cowan					
09:45					Aqua Zumba (45 mins) Lucile Eade-Brachet			
10:00								
10:15								
10:30								
10:45								
11:00	Intermediate Pilates (1 hour) Kirsten Cowan							
11:15				Intermediate Pilates (1 hour) Sarah Lasenby				
11:30								
11:45								
12:00								
12:15								
12:30								
12:45								
13:00								
13:15								
13:30								
13:45								
14:00								
14:15								
14:30								
14:45								
15:00								
15:15								
15:30								
15:45								
16:00								
16:15								
16:30	Aqua Fit (45 mins) Annie Arscott							
16:45								
17:00								
17:15								
17:30								

BOOKING CLASSES

Courses run for six consecutive weeks, with one session at the each week. To book a course, or find out more information please speak to Samantha Riley (samantha.riley@phylliscourt.co.uk).

Members are required to cancel no later than two hours before their class. If you need to cancel please do so online or by calling Fitness Centre Reception on 01491 570 518.

Pool-based class

This timetable may be subject to change

PILATES

Build your strength and mobility. Whether you are a beginner or an experienced Pilates-goer, we have options for different levels of ability. Develop a strong core and improve your balance and coordination.

AQUA FIT

A pool based workout to increase your strength and fitness with no impact on your joints. You'll use the water for resistance to strengthen your muscles and increase your cardio endurance.

AQUA ZUMBA

A pool based dance workout to increase your strength and fitness with no impact on your joints. This fun and energetic workout combines dance moves designed to raise the heart rate and boost your cardio endurance.