

# POOL CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00							
09:15							Aqua Fit (45 mins) Annie Arscott £
09:30					Aqua Fit (45mins) Annie Arscott		
09:45				Aqua Zumba (45 mins) Lucile Eade-Brachet £			
10:00							
10:15	Aqua Fit (45 mins) Rob/Sam						
10:30							
10:45							
11:00							
11:15							
11:30		Aqua Fit (45 mins) Annie Arscott					
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15				Aqua Fit (45 mins) Nicky Hogg £			
13:30							
13:45							
14:00							
14:15							
14:30							
14:45			Aqua Fit (45 mins) Annie Arscott £				
15:00							
15:15							
15:30							
15:45							
16:00							
16:15	Aqua Fit (45 mins) Annie Arscott £						
16:30							
16:45							
17:00							
17:15							
17:30							
17:45							
18:00							
18:15			Aqua Fit (45 mins) Leela Goddard				
18:30							
18:45							
19:00							

### BOOKING CLASSES


Bookings for classes can be made seven days in advance online at [members.phylliscourt.co.uk](http://members.phylliscourt.co.uk) or by calling Fitness Centre Reception (01491 570 518).


The pool is not available for lane swimming when a class is taking place.

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.

Paid for courses are available and run for six consecutive weeks, with one session a week. Please speak to a member of the fitness team for more information.

---

 Pool-based class

 Paid for class

*This timetable may be subject to change*

## AQUA FIT

A fun, pool-based class using the buoyancy and resistance of water to provide muscular and cardio endurance training, without impacting the joints.

## AQUA ZUMBA

A pool based dance workout to increase your strength and fitness with no impact on your joints. A fun and energetic dance class that moves between high and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.