



THE MOUNT

WELLNESS CENTRE AND SPA

Bishopstoke Park The Mount Wellness Centre Timetable

Opening Times

Monday to Thursday 8am – 5pm Last entry to Swimming Pool 4.30pm

Friday 8am-4pm Last entry to Swimming Pool 3.30pm

Saturday 9am – 4pm Sunday 9am-3.30pm Last entry to Swimming Pool 3.30pm & 3.00pm



BISHOPSTOKE PARK

an Anchor Village

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00am Active Balance (Liz)	10.00am Active Core (Liz)		9.45am Active Core (Ana)			
	11.00am Mini Active Circuits (Maddie)	11.00am Aqua Active (Ana)	11.30am Mobility Aqua (Ana)	10.30am Active Balance (Maddie)	11.30am Better Balance (Liz)	
12.00pm Aqua Active (Ana)	11.45am Better Balance (Liz)	11.00am Boccia (Maddie)	11.45am Better Balance (Maddie)	12.00pm Aqua Active (Maddie)	11.00am Family Fun Swim	11.00am Family Fun Swim
16.00 Pilates (Ana)						

Class Descriptions

Aqua Active: 30-minute water based class, low impact class to improve cardio fitness and mobility.

Mobility Aqua: A pool based class that is aimed at helping to rehabilitate the body by improving mobility and functional strength. The water supports the body and reduces the pressure on the joints. This class is done without music, and at a gentle pace.

Active Balance: This seated exercise session incorporates cardiovascular fitness, strength and balance exercises to improve overall wellbeing.

Better Balance: 30-minute chair based class, introduction and preparation for Steady and Strong.

Mini Active Circuits: 30-minute class with exercises, which can help with everyday living such as carrying, lifting, walking. Different levels and intensity to sort all!

Active Core: A Pilates inspired class to improve core strength, release tension in tired muscles and improve overall wellbeing

Family Fun Swim: Open swim session for adults and their children/or grandchildren to enjoy a swim together.

Supervised Swimming Session: 30-minute session whereby someone will be on hand to offer some encouragement, give ideas, or just be a watchful eye!

Active Walk: A stroll around our beautiful surroundings to improve cardiovascular endurance and mindfulness

For more information and to book on a class please visit the wellness centre, dial extension or phone 023 806 45301

Please note that you will need to complete your membership forms prior to attending classes

**Guest Fees Apply*