

Wellness Opening times: Monday to Friday: 08.00 to 16.00 - (Last entry 15.30)

Saturday and Sunday: 08:30 - 14:00 - (Last entry 13.30)

Tel: 01252 864590

Start Date:

04/09/23

Monday 08:00-16:00	Free Gym 08:00-08:50	Circuits 09:00-09:40	Stretch and Relax 09:50-10:20	Free Gym 10:30-11:25	Seated Balance 11:30-12:10	Free Gym 12:15-12:55	Free Gym 13:00-13:55	Indoor Bowls 14:00-15:00	Free Gym 15:00-15:50
Tuesday 08:00-16:00	Free Gym 08:00-08:50	Total Balance 09:00-09:40	Core Fitness 09:50-10:20	Free Gym 10:30-11:25	Better Balance- WG 11:30-12:00	Free Gym 12:05-12:55	Free Gym 13:00-13:55	Kettlebell Circuits 14:00-14:40	Free Gym 15:00-15:50
Wednesday 08:00-16:00	Free Gym 08:00-08:50	Circuits 09:00-09:40	Free Gym 09:50-10:30	Pilates 10:50-11:35	Seated Balance 11:40-12:20	Free Gym 12:25-13:00	Free Gym 13:05-13:55	Table Tennis 14:00-15:00	Better Balance- WG 15:00-15:30
Thursday 08:00-16:00	Free Gym 08:00-08:50	Kettlebell Circuits 09:00-09:40	Core Fitness 09:50-10:20	Free Gym 10:30-11:25	Stretch and Relax 11:30-12:00	Free Gym 12:05-12:55	Free Gym 13:00-13:55	Circuits 14:00-14:40	Free Gym 15:00-15:50
Friday 08:00-16:00	Free Gym 08:00-08:50	Total balance 09:00-09:40	Free Gym 09:50-10:30	Pilates 10:40-11:25	Seated Balance 11:30-12:10	Free Gym 12:15-12:55	Free Gym 13:00-13:55	Free Gym 14:00-15:00	Free Gym 15:00-15:50
Saturday 08:30-14:00	Free Gym Open at 8:30	Free Gym 08:30-09:30	Free Gym 09:30-10:25	Free Gym 10:30-11:25	Free Gym 11:30-12:00	Free Gym 12:05-12:55	Free Gym 13:00-13:55	Closed	Closed
Sunday 08:30-14:00	Free Gym Open at 08:30	Free Gym 08:30-09:30	Circuits 09:30-10:15	Stretch and Relax 10:30-11:00	Free Gym 11:00-12:00	Free Gym 12:05-12:55	Free Gym 13:00-13:55	Closed	Closed

Free Gym - Access to the gym to work on your own programme or a programme set by one of our wellness coaches.

Circuits - Body conditioning that involves endurance and resistance training all exercises performed in stations.

Seated Balance - Standing balance exercises with seated alternatives, designed to improve strength and balance to help you feel steadier on your feet.

Better Balance (WG) - A gentle chair based exercise class focusing on stability and mobility.

Core Fitness - A class aimed to increase core strength and stability.

Kettlebell Circuit - A combined Cardiovascular/Strength based class using Kettlebells

Table Tennis - Table Tennis, Fun for all abilities.

Total Balance - Incorporating all elements of fitness, total balance will increase your cardio endurance, build strength, and improve your balance & flexibility.

Indoor Bowls/Boules - Indoor Carpet Bowls / Outdoor Boules - Depending on the weather .

Stretch and Relax - A gentle, calming session which stretches the body.

Pilates - A class designed to improve posture, flexibility and muscle imbalance with the use of breathing techniques.

Wellness Opening times: Monday to Friday: 08.00 to 16.00 - **(Last entry 15.15)**

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Start Date:

04/09/23

Monday 08:00-16:00	Lane Swim 08:00-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Free Swim 10:40-11:25	Free Swim 11:30-12:55	Aqua Fitness 13:00-13:45	Free Swim 14:00-14:55	Lane Swim 15:00-15:45
Tuesday 08:00-16:00	Lane Swim 08:00-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Controlled Aqua 10:45-11:25	Free Swim 11:30-12:55	Free Swim 13:00-14:15	Free Swim 14:20-14:55	Lane Swim 15:00-15:45
Wednesday 08:00-16:00	Lane Swim 08:00-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Free Swim 10:40-11:25	Free Swim 11:30-12:55	Aqua Fitness 13:00-13:45	Free Swim 14:00-14:55	Lane Swim 15:00-15:45
Thursday 08:00-16:00	Lane Swim 08:00-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Controlled Aqua 10:45-11:25	Free Swim 11:30-12:55	Thorpe's Hydro 13:00-14:00	Free Swim 14:00-14:55	Lane Swim 15:00-15:45
Friday 08:00-16:00	Lane Swim 08:00-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Free Swim 10:40-11:25	Free Swim 11:30-12:55	Aqua Fitness 13:00-13:45	Free Swim 14:00-14:55	Lane Swim 15:00-15:45
Saturday 08:30-14:00	Lane Swim 08:30-09:15	Free Swim 09:20-09:45	Aqua Fitness 09:50-10:30	Free Swim 10:40-11:25	Free Swim 11:30-12:55	Family Swim 13:00-13:50	Closed	Closed
Sunday 08:30-14:00	Lane Swim 08:30-09:15	Free Swim 09:20-09:45	Free Swim 09:50-10:30	Free Swim 10:40-11:40	Free Swim 11:45-12:30	Family Swim 12:35-13:50	Closed	Closed

Free Swim - The swimming pool is available to book.

Aqua Fitness - Aqua fitness helps build cardiovascular stamina, strength and flexibility using water as resistance. Fun for all levels.

Controlled Aqua. A fun way to build strength into the body using a series of fundamental Pilates movements.

Thorpes Hyrdo - Hydrotherapy is a series of exercises performed by a qualified Physiotherapist (not included in membership)

Family Swim - For members to bring their grandchildren to come and enjoy a swim together. (children must be supervised at all times)

Lane Swim - The swimming pool is available for staying in one lane, max. 3 people per session.