



St Margaret's

# SPORTS CENTRE

## Exercise Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45– 07:45				Express Pilates			
09:30-10:30	Fit & Firm	Legs Bums & Tums		Aqua Aerobics	Total Body Tone	Zumba 09:00 –10:00	((Bounce))
12:30-13.30		Pilates					
19:00-20:00	Circuits	Pilates Beginners	((Bounce))				
20:00:2100	Pilates Improver	Yoga by Mala		((Bounce))			

Class	Description	£ Non Mem-	£ Member	Area
Fit & Firm	30 minute aerobic workout followed by 30 minutes of toning exercises.	£6.50	£5	Dance Studio
Circuits	A 60 minute circuit class, guaranteed to work every muscle in your body	£6.50	£5	Fitness Room
Legs Bums and Tums	A exercise class designed to target problem areas	£6.50	£5	Dance Studio
Total Body Tone	A full body toning class for all fitness levels	£6.50	£5	Dance Studio
Pilates Beginner	A traditional Pilates class that is designed to invigorated your mind and body	£6.50	£5	Dance Studio
Pilates Improver	To attend the improvers class you need to have attended a minimum of 6 beginners ses-	£6.50	£5	Dance Studio
Express Pilates	a 45 minute express Pilates class. Those that wish to stay the hour may do so	£6.50	£5	Dance Studio
Yoga by Mala	A low impact, highly effective approach to Yoga	£10 *instructor implemented charge		Dance Studio
Aqua Aerobics	A low impact but high intensity water aerobics class.	£6.50	£5	Pool
Zumba	A great adnce workout for all fitness levels!	£7.00 To book call 07970055156		Dance Studio
((Bounce))	This 1 hour class features choreographed dance-cardio jumping routines to burn calories	Visit bouncefitbody.com to book		Dance Studio