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# M/C

MON 23 DEC Aqua Blast 8.15am - 9.00am Kelly Penn (S/P)

Gentle Stretch & Tone 8.45am - 9.45am Rachel Klein (F/S)

Aqua Fit 9.00am - 9.45am Kelly Penn (S/P)

Circuits 9.30am - 10.30am Tim Offer (M/H)

Body Pump Express • 5.30pm - 6.15pm Rikki Walden (F/S)

**Indoor Cycling** 6.15pm - 6.55pm Jo Dimarco (S/S)

Abs & Core 6.20pm - 6.50pm Rikki Walden (F/S)

Yoga 7.00pm - 8.00pm Gaia Madden (F/S) ◆

Circuits 7.00pm - 8.00pm Rikki Walden (M/H)

**Indoor Cycling** 7.00pm - 7.40pm Jo Dimarco (S/S)



TUES 24 DEC

Christmas Eve

Centre Closed



WED 25 DEC

Christmas

Day

Centre

Closed

THURS 26 DEC

Boxing Day



FRI 27 DEC

Zumba 8.30am - 9.15am Kelly Penn (F/S)

Aqua Fit 9.30am - 10.15am Kelly Penn (S/P)

Circuits 9.30am - 10.30am Tim Offer (M/H)

**Body Pump Express** • 5.30pm - 6.15pm Rikki Walden (F/S)

# SAT 28 DEC

Body Pump • 8.55am - 9.55am Rikki Walden (F/S)

**Indoor Cycling** 10.00am - 10.40am Rikki Walden (S/S)

SUN 29 DEC

**NO CLASS** 



Pilates Courses

See Reception/

from as little as £19.99 per month

## SB FITNESS

**GUARANTEED FITNESS RESULTS** ANY EXERCISER

### **ACHIEVE YOUR POTENTIAL**

**BOOK YOUR FREE TASTER SESSION NOW** SEANBURGESSFITNESS.COM/TASTER

### Fitness Class Fees - 2019 >>>

£5.40

£4.90

£4.55

£6.05

Gold Members Over 50's Classes \* 55/60 minutes Gold Members 45 minutes £4.00 **Bronze Members** 30 minutes Non Members **Bronze Members** Access To Leisure 55/60 minutes £4.50 55/60 minutes £3.00 £3.90 45 minutes £2.70 30 minutes £3.40 30 minutes (exc Indoor Cycling & Pilates) Non Members 55/60 minutes £6.00

• = Participants to warm-up prior to class



45 minutes

30 minutes

Body Pump • **Gold Members** 

£3.20 Bronze Members £4.50 Non Members £6.00 (LIMITED NUMBERS)

**Indoor Cycling Gold Members** 

Non Members

**Bronze Members** £4.00 £5.50 M/H = Main Hall = Swimming Pool

Location Key >>>

= Fitness Studio = Spinning Studio Canford Room = Course Fee T/T = Term Time Only



Aqua Blast

8.15am - 9.00am

Kelly Penn (S/P)

8.45am - 9.45am

Rachel Klein (F/S)

Aqua Fit

9.00am - 9.45am

Kelly Penn (S/P)

Circuits

9.30am - 10.30am

Tim Offer (M/H)

5.30pm - 6.15pm

Rikki Walden (F/S)

**Indoor Cycling** 

6.15pm - 6.55pm

Jo Dimarco (S/S)

Abs & Core

6.20pm - 6.50pm

Rikki Walden (F/S)

Yoga

7.00pm - 8.00pm

Gaia Madden (F/S) ◆

Circuits

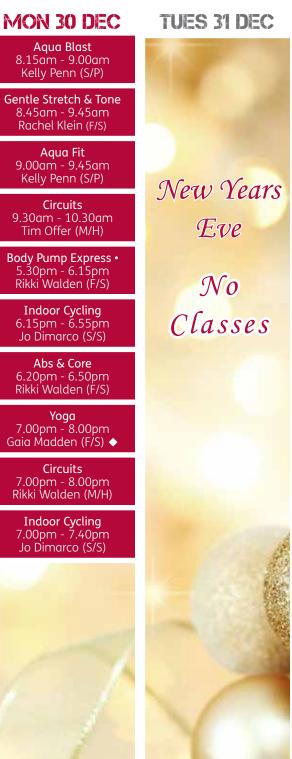
7.00pm - 8.00pm

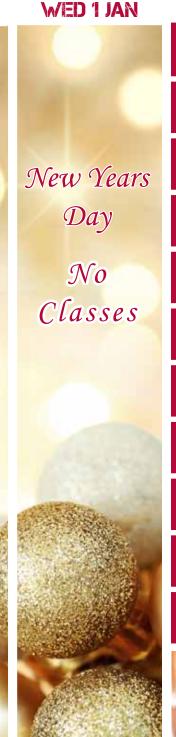
Rikki Walden (M/H)

**Indoor Cycling** 

7.00pm - 7.40pm

Jo Dimarco (S/S)









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P	Indoor Cycling 6.35am - 7.15am Rikki Walden (S/S)
	Gentle Stretch & Tone 8.30am - 9.25am Jane Alexander (F/S) *
ears	<b>Zumba</b> 9.30am - 10.25am Jane Alexander (F/S)
,	Indoor Cycling 9.35am - 10.15am Tim Offer (S/S)
	Body Pump Express • 10.30am - 11.15am Sophie Walker (F/S)
es	<b>A Plan Workout</b> 6.00pm - 6.45pm Tim Offer (C/R)
	<b>Zumba</b> 6.10pm - 6.55pm Caroline McKenzie (F/S)
	Indoor Cycling (Int) 6.20pm - 7.00pm Nikki Samways (S/S)
	Legs, Bums & Tums 7.00pm - 7.45pm Nikki Samways (F/S)
	Therapeutic Yoga 7.00pm - 8.00pm Gaia Madden (C/R) ◆
	<b>Aqua Circuits</b> 7.30pm - 8.15pm Caroline McKenzie (S/P)
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Aqua Fit 8.50am - 9.35am Kelly Penn (S/P)  Gentle Stretch & Tone 9.15am - 10.15am Rachel Klein (F/S) *  Circuits 9.30am - 10.30am Tim Offer (M/H)  Aqua Fit 9.40am - 10.25am Kelly Penn (S/P)  PiYo 10.30am - 11.15am Clare Nicholas (F/S)  Body Pump Express • 5.30pm - 6.15pm Rikki Walden (F/S)  Indoor Cycling (Beg/Imp) 5.30pm - 6.10pm Sophie Walker (S/S)  Circuits 6.10pm - 6.55pm Tim Offer (M/H)  Insanity 6.20pm - 7.05pm Sophie Walker (F/S)  Aqua Fit 7.15pm - 8.00pm Lynn Hill (S/P)  Yoga ◆ Gold Members Bronze Member S5/60 minutes 45 minutes 30 minutes 45 minutes 30 minutes 45 minutes 45 minutes 45 minutes 30 minutes 45 minutes 6.10pm - 6.55pm Tim Offer (M/H)  Non Members Circuits 6.10pm - 7.05pm Sophie Walker (F/S) Gold Members Foold Members CILIMITED NUMI Indoor Cycling Gold Members Ronze Member Non Members CILIMITED NUMI Indoor Cycling Gold Members Ronze Member Non Members CILIMITED NUMI Indoor Cycling Gold Members Ronze Member Non Members Ronze Member Ronze Memb	8.00am - 8.45am Kelly Penn (F/S)	8.55am Rikki Wa
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Zumba



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£4.00

= Course Fee

T/T = Term Time Only

