

FITNESS CLASSES

W/C 23 December 19 >>>

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
Centre
Closed*

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/
Website for details.

**Gold
Membership**

from as little as
£19.99 per month



SB FITNESS

**GUARANTEED FITNESS RESULTS
FOR ANY EXERCISER**

ACHIEVE YOUR POTENTIAL

BOOK YOUR FREE TASTER SESSION NOW

SEANBURGESSFITNESS.COM/TASTER

Fitness Class Fees - 2019 >>>

Gold Members		Over 50's Classes *	
55/60 minutes	FREE	Gold Members	FREE
45 minutes	FREE	Bronze Members	£4.00
30 minutes	FREE	Non Members	£5.50
Bronze Members		Access To Leisure	
55/60 minutes	£4.50	55/60 minutes	£3.00
45 minutes	£3.90	45 minutes	£2.70
30 minutes	£3.40	30 minutes	£2.45
		(exc Indoor Cycling & Pilates)	
Non Members		◎ = Participants to warm-up prior to class	
55/60 minutes	£6.00		
45 minutes	£5.40		
30 minutes	£4.90		
Body Pump •			
Gold Members	FREE		
Bronze Members	£4.55		
Non Members	£6.05		
(LIMITED NUMBERS)			
YOGA ♦			
Gold Members	£3.20		
Bronze Members	£4.50		
Non Members	£6.00		
(LIMITED NUMBERS)			
Indoor Cycling			
Gold Members	FREE		
Bronze Members	£4.00		
Non Members	£5.50		

Location Key >>>

- M/H = Main Hall
- S/P = Swimming Pool
- F/S = Fitness Studio
- S/S = Spinning Studio
- C/R = Canford Room
- (C) = Course Fee
- T/T = Term Time Only

FITNESS CLASSES

W/C 30 December 19 >>>

MON 30 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 31 DEC

New Years Eve
No Classes

WED 1 JAN

New Years Day
No Classes

THURS 2 JAN

- Indoor Cycling**
6.35am - 7.15am
Rikki Walden (S/S)
- Gentle Stretch & Tone**
8.30am - 9.25am
Jane Alexander (F/S) *
- Zumba**
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)
- A Plan Workout**
6.00pm - 6.45pm
Tim Offer (C/R)
- Zumba**
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) ♦
- Aqua Circuits**
7.30pm - 8.15pm
Caroline McKenzie (S/P)



FRI 3 JAN

- Zumba**
8.00am - 8.45am
Kelly Penn (F/S)
- 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)



SAT 4 JAN

- Body Pump •**
8.55am - 9.55am
Rikki Walden (F/S)
- Indoor Cycling**
10.00am - 10.40am
Rikki Walden (S/S)
- SUN 5 JAN**
- Super Circuits**
9.00am - 10.00am
Sophie Walker (M/H)



Pilates Courses
See Reception/
Website for details.



Gold Membership

from as little as **£19.99** per month



GUARANTEED FITNESS RESULTS FOR ANY EXERCISER

ACHIEVE YOUR POTENTIAL

BOOK YOUR FREE TASTER SESSION NOW

SEANBURGESSFITNESS.COM/TASTER

Fitness Class Fees - 2019/2020 >

Gold Members 55/60 minutes FREE 45 minutes FREE 30 minutes FREE	Over 50's Classes * Gold Members FREE Bronze Members £4.00 Non Members £5.50
Bronze Members 55/60 minutes £4.50 45 minutes £3.90 30 minutes £3.40	Access To Leisure 55/60 minutes £3.00 45 minutes £2.70 30 minutes £2.45 (exc Indoor Cycling & Pilates)
Non Members 55/60 minutes £6.00 45 minutes £5.40 30 minutes £4.90	⊙ = Participants to warm-up prior to class

Body Pump •
Gold Members FREE
Bronze Members £4.55
Non Members £6.05
(LIMITED NUMBERS)

YOGA ♦
Gold Members £3.20
Bronze Members £4.50
Non Members £6.00
(LIMITED NUMBERS)

Indoor Cycling
Gold Members FREE
Bronze Members £4.00
Non Members £5.50

Location Key >>>

- M/H = Main Hall
- S/P = Swimming Pool
- F/S = Fitness Studio
- S/S = Spinning Studio
- C/R = Canford Room
- (C) = Course Fee
- T/T = Term Time Only