



# Fitness Classes

## Week commencing Monday 6<sup>th</sup> May 2024

### Bank Holiday Monday 6<sup>th</sup> May

Class	Level	Class Time	Leader	Venue
H.I.I.T Circuits	2	09.15 - 10.15	Alison (Covering)	Studio
<del>Buggy Circuit* (please book with Lorna)</del>	All	<del>09.30 - 10.15</del>	Lorna	<b>CANCELLED</b>
<del>Buggy Circuit* (please book with Lorna)</del>	All	<del>10.15 - 11.00</del>	Lorna	<b>CANCELLED</b>
<del>Zumba Gold* (please book at ZumbabyLaura@gmail.com)</del>	All	<del>10.30 - 11.30</del>	Laura	<b>CANCELLED</b>
<del>Fit Blitz</del>	All	<del>18.00 - 18.55</del>	Sam	<b>CANCELLED</b>
<del>Mad Circuits</del>	All	<del>19.00 - 19.55</del>	Alison	<b>CANCELLED</b>
<del>Bounce* (please book at bouncefitbody.com)</del>	All	<del>20.15 - 21.15</del>	Louise	<b>CANCELLED</b>

### Tuesday

Class	Level	Class Time	Leader	Venue
The Mixer	All	09.15 - 10.15	Jane	Studio
Line Dancing * (please book with Sarah)	All	11.00 - 12.30	Sarah	Studio
Total Body H.I.I.T / Strength	All	18.00 - 19.00	Sarah	Studio

### Wednesday

Class	Level	Class Time	Leader	Venue
Beginners Strength	All	09.15 - 10.15	Carllye	South Hall
Buggy Circuit* (please book with Lorna)	All	09.30 - 10.15	Lorna	Track
Line Dancing	All	11.15 - 12.45	Sarah	Studio
Bounce* (please book at bouncefitbody.com)	All	19.15 - 20.15	Louise	Studio

**ALL Wodson Park Fitness Classes are limited to a MAXIMUM of 20 participants and MUST be pre-booked, by calling Wodson Park Reception, tel: 01920 487 091**

- **Wodson Park Members** may book our Fitness Classes up to 7 days in advance.
- **Non-Members** may book our Fitness Classes up to 3 days in advance.

**Please Note:**

Classes labelled with \* may **NOT** be booked using Wodson Park's **10 Fitness Class 'Pay & Exercise' card**. Please book these classes directly with the Class Leader.



# Fitness Classes

Week commencing Monday 6<sup>th</sup> May 2024

## Thursday

Class	Level	Class Time	Leader	Venue
Buggy Circuit* <i>(please book with Lorna)</i>	All	10.00 - 10.45	Lorna	Track
Body Blitz	All	10.00 - 11.00	Hazel	Studio
Senior Zumba	All	13.30 - 14.30	Sharon	Studio
Cardio / Strength 55	All	18.00 - 18.55	Sarah	Dance Floor
Zumba	All	19.00 - 20.00	Karen	Dance Floor

## Friday

Class	Level	Class Time	Leader	Venue
Below The Belt	All	09.15 - 10.15	Sharon	Studio

## Saturday

Class	Level	Class Time	Leader	Venue
Bounce* <i>(please book at bouncefitbody.com)</i>	All	08.00 - 08.45	Louise	Studio
Total Body H.I.I.T / Strength	All	09.15 - 10.15	Sarah	Studio
Low Impact, High Sweat	All	10.30 - 11.30	Sarah	Studio

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