

## GROUP EXERCISE TIMETABLE - W/C 27/07/20

Day	Time	Session	Instructor	Facility
<b>Monday</b>	18.15 - 19.00	Body Balance	Emma T	Sports Hall (Inside)
	18.15 - 19.00	Circuits	Belinda	The Gym in the Car Park
	19.15 - 20.00	Ring Fit (Boxercise)	Matt	The Gym in the Car Park
<b>Tuesday</b>	09.15 - 09.40	Kettlebell Blast	Matt	The Gym in the Car Park
	09.45 - 10.10	Kettlebell Blast	Matt	The Gym in the Car Park
	12.30 - 13.15	Silver Circuits	Matt	The Gym in the Car Park
	18.30 - 19.15	Legs, Bums & Tums	Belinda	The Gym in the Car Park
	19.30 - 20.00	Circuits	Belinda	The Gym in the Car Park
	20.15 - 21.00	HIIT	Belinda	The Gym in the Car Park
<b>Wednesday</b>	09.30 - 10.15	Body Conditioning	Clare	The Gym in the Car Park
	10.30 - 11.15	Aerobics	Clare	The Gym in the Car Park
	18.45 - 19.30	Body Balance	Katie	Sports Hall (Inside)
	19.15 - 20.00	Boot Camp	Matt	The Gym in the Car Park
<b>Thursday</b>	09.45 - 10.15	Legs, Bums & Tums	Emma R	Sports Hall (Inside)
	10.30 - 11.15	Zumba Gold	Emma R	Sports Hall (Inside)
	18.45 - 19.30	Legs, Bums & Tums	Jenny	The Gym in the Car Park
	19.45 - 20.30	Stretch & Tone	Ania	The Gym in the Car Park
<b>Sunday</b>	09.00 - 09.45	Boot Camp	Matt	The Gym in the Car Park

**W: [www.woodley.gov.uk](http://www.woodley.gov.uk) E: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) T: 0118 9216969**

### Exercise Class Information:

- Bookings for exercise classes open from the day before at 10am. For example, if you wish to book a class at 7pm on Wednesday you will be able to book this from 10am the day before.
- Where possible all bookings should be made via telephone: **0118 9216969**.
- All members are restricted to attending either one exercise class or gym slot per day.
- The number of members that can attend each exercise class is limited.
- Some classes will make use of equipment. All equipment planned for use will be cleaned before and after use and will not be swapped between class attendees.
- When arriving to a booked class please wait outside of the facility planned for use. A member of staff will greet you and guide you through to the exercise area.
- Please ensure that you arrive promptly to your booked exercise class. Attendees who arrive late may be refused entry to the facility.

**Please do not attend any of our classes if you are showing any symptoms of Coronavirus or have been in close contact with anyone that has (please visit the NHS website for more information if you are unsure).**



**Please be mindful of social distancing at all times.**

**Please be kind to our staff. This is new for all of us** 

