

GROUP EXERCISE TIMETABLE

All sessions on the group exercise timetable are free for members of The Gym on the Park!

Day	Time	Session	Facility	Non Gym Member Price
Monday	09.45 - 10.15	Pilates Taster	Studio	£3.50 (HH) or £4.00
	18.15 - 19.00	Circuits	Function Room	£6.00 (HH) or £7.00
	19.15 - 20.00	Boxercise	Function Room	£6.00 (HH) or £7.00
	20.15 - 21.00	HIIT	Function Room	£6.00 (HH) or £7.00
Tuesday	09.30 - 10.00	Kettlebell Blast	GYM	<i>Gym members only</i>
	10.15 - 10.45	Circuits	GYM	<i>Gym members only</i>
	13:45 - 14:30	Toddler Dance	Games Room	£3.50 (HH) or £4.00
	18.30 - 18.55	Ab Attack	GYM	<i>Gym members only</i>
	19.00 - 19.25	Ab Attack	GYM	<i>Gym members only</i>
	19.30 - 20.00	Suspension Training	GYM	<i>Gym members only</i>
Wednesday	12.45 - 14.00	50+ Silver Circuits	Sports Hall	£3.60
	14.30 - 16.00	50+ Afternoon Club	Sports Hall/Games Room	£3.20 (HH) or £3.50
	19.15 - 20.00	Boot Camp	Outside	£5.50 (HH) or £6.00
Thursday	10.00 - 10.30	Legs, Bums and Tums	Sports Hall	£3.00 (HH) or £3.50
	10.30 - 11.15	Zumba Gold	Sports Hall	£4.60 (HH) or £5.30
	14.30 - 16.00	50+ Afternoon Club	Sports Hall/Games Room	£3.20 (HH) or £3.50
	18:30 - 19:30	PiYo	Games Room	£6.00 (HH) or £7.00
	19.00 - 19.25	Kettlebell Blast	GYM	<i>Gym members only</i>
	19.30 - 20.00	Core Crunch	GYM	<i>Gym members only</i>
	19.30 - 20.30	Stretch and Tone	Games Room	£5.00 (HH) or £5.50
Sunday	09.00 - 09.45	Boot Camp	3G Pitch/Function Room	£5.50 (HH) £6.00
	19.00 - 20.00	Just Play Football	3G Pitch	£5.00

All Classes and times are correct at the time of printing. HH turn up price only available for Healthy Habits members. Timetable subject to change based on class demand, instructor availability and member suggestions. Maximum class limits apply. All classes operate on a first come, first served basis. Please contact us for further information on our classes, membership options or visit our website for a full breakdown of all of our exercise classes and courses.

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