

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	12.00 - 12.30	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	Body Balance	Function Room	£6.00 (HH) or £7.00
Tuesday	06.30 - 08.00	<i>Early Birds Gym</i>	<i>GYM</i>	<i>Gym members only</i>
	09.30 - 10.00	Kettlebell Blast	GYM	<i>Gym members only</i>
	10.15 - 10.45	Circuits	GYM	<i>Gym members only</i>
	18.00 - 18.45	Body Balance	Studio	£6.00 (HH) or £7.00
	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>
	20.15 - 21.00	HIIT	Function Room	£6.00 (HH) or £7.00
Wednesday	12.45 - 14.00	50+ Silver Circuits	Sports Hall	£3.60
	14.30 - 16.00	50+ Afternoon Club	Sports Hall	£3.20 (HH) or £3.50
	18.30 - 19.30	Body Balance	Studio	£6.00 (HH) or £7.00
	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	£3.20 (HH) or £3.50
	18:30 - 19:30	Envidia - 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>
Friday	19.30 - 20.30	Stretch and Tone	Games Room	£5.00 (HH) or £5.50
	06.30 - 08.00	<i>Fuel Fitness Friday!</i>	<i>GYM</i>	<i>Gym members only</i>
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 instructor availability, class demand 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 or visit our website.