

AEROBICS

HIGH-ENERGY CARDIO & STRENGTH

MON 6PM

LITE FIT

LOW-IMPACT & EASY-TO-FOLLOW CARDIO & STRENGTH

TUES 9.15AM

L.I.I.T.

LAURA'S INTENSE INTERVAL TRAINING - HIGH ENERGY CIRCUIT

TUES 6PM

SPIN

STATIONARY CYCLES - LIMITED PLACES (BOOKING SHEETS AT THE CLUB)

WED 6AM

CORE

LOW-IMPACT ABDOMINAL STRENGTH TRAINING

WED 5.30PM

DANCE FIT

MID-IMPACT DANCE-BASED MOVEMENT

WED 6PM

**KETTLEBELL
PUMP**

WEIGHTS-BASED STRENGTH & ENDURANCE (AGES 15 & OVER PLEASE)

THURS 6PM