



## Audley Club Exercise Classes

**AquaFit** - Improves the health of the heart and lungs. This is a great way to exercise for people wanting to burn off calories without impacting on joints.

**Zumba Gold** - Dance based fitness regime. A fun, easy to follow dance based class suitable for all levels which helps improve overall fitness and body tone

**Dance to Fitness** - Different style of activities to help keep you active

**Yoga/Pilates** - Helps to improve Flexibility and Improve Balance

***Please book all classes in advance at Reception—this is essential as you may be refused entry if the class is fully booked***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AquaFit Instructor – Be-Jacks or Emma</b>	0900-0945am Instructor- Be-Jacks  1015-1100 Instructor- Be-Jacks	0900-0945am Instructor – Be-Jacks		0845-0930am Instructor- Emma			
<b>Pilates Instructor - Kerry</b>	1000-1100 1115-1215			1000-1100			
<b>Zumba Gold Instructor – Charlotte</b>		1000-1100					
<b>Yoga Instructor - Helen</b>			1800-1900				
<b>Dance to Fitness Instructor – Charlotte</b>				1200-1300			
<b>Owners Only Swim Time</b>		1500-1700	1500-1700		1500-1700		1500-1700

***Please be aware that you will only be able to book 7 days in advance for each class***