



Fitness Classes Timetable – May 2016

Monday	7pm CardioTennis
Tuesday	7pm - Yoga
Wednesday	7am - Bootcamp
Thursday	7pm – Salsa 8.30am - Dancercise
Friday	
Saturday	10am - Pilates
Sunday	

Yoga, salsa and pilates are free for Fitness Members, £5 for Dancercise, Bootcamp and Cardio Tennis for PSC members, £10 for all guests for all classes.

Class Descriptions

Cardio Tennis – Tennis based whole body workout. Improve footwork, fitness and co-ordination.

Yoga – Bringing together breath and movement, based on the classical principles of Hatha. This will calm the mind and re-invigorate the body. All levels are welcome.

Bootcamp – Energising interval workout, improve cardiovascular fitness, strengthen, tone and build endurance.

Salsa – Strictly come dance and have fun. Low impact, suitable for all ages and fitness levels. No need to come with a partner.

Dancercise – High energy tunes, easy to follow dance moves, suitable for all fitness levels.

Pilates – Strengthen, tone and stretch your body. Pilates can help improve posture and alignment, strengthen your core,