

GROUP FITNESS 2010



Choose from our range of classes, suitable for all users, to get you on the path to a healthier 2010!

AEROBICS - A high energy aerobic class, giving a total body conditioning workout

AQUAFIT - Work out in the water to music without the high impact stresses

COMBAT FITNESS - A high energy class with a punch. An aerobic workout with combat moves

LEGS, BUMS AND TUMS - Target those problem areas with an effective aerobic & muscle tone workout

SALSA - A fun and vibrant workout for those with a little flair

STREET DANCE - An urban Aerobic workout learning dance moves for the streets

PILATES - A mat based exercise class guaranteed to strengthen and condition muscles

GROUPFITNESSCLASSES

Monday	LEGS, BUMS AND TUMS 10.00 - 10.45 VC	SALSA 1.30 - 2.15 VC	STREET DANCE 5.00 - 5.45 VC	AQUAFIT 7.30 - 8.35 TP
Tuesday	PILATES 10.30 - 11.15 VC		PILATES 6.30 - 7.15 VC	SALSA 7.30 - 8.15 VC
Wednesday		COMBAT FITNESS 12.30 - 1.15 VC	STREET DANCE 5.00 - 5.45 VC	AQUAFIT 7.30 - 8.30 TP
Thursday	AEROBICS 10.00 - 10.45 VC	AEROBICS 2.00 - 2.45 VC	COMBAT 6.30 - 7.15 VC	LEGS, BUMS AND TUMS 7.30 - 8.15 VC
Friday	AQUAFIT 9.00 - 10.00 MP			
Saturday	COMBAT 8.30 - 9.15 VC			
Sunday			PILATES 7.00 - 7.45 VC LADIES ONLY	

■ High Impact

■ Medium/Low Impact

■ Holistic/Core Strength

VC = Virtual Coach

MP = Main Pool

TP = Teaching Pool

■ 50+

■ Dance

■ Water Based

All group activities are included in FASTCARD Freedom and FASTCARD Excite memberships.

Thirsk Swimming Pool, Chapel Street, Thirsk, YO7 1LU Tel: 01845 522447

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HEALTH & FITNESS