

Littledown Centre Access Scheme Offers

Under 5s Activities

Activity	Day	Time	Price
Spring 'n' Jump	Tuesday	11.15am – 12.00pm	£2.90
Open Trampolining	Wednesday	1.15pm – 2.05pm	£2.90
Mini Movers	Thursday	11.15am-12.00pm	£2.90
Soccer Starters	Thursday	2.00pm-2.55pm	£2.90

Discount available on selected pre-school swimming lessons (limited places available)

Activity	Price
Adult Swim	£2.70
Senior Swim	£2.30
Junior Swim	£2.10
Gym	£4.10
Gym Induction	£10.00
Gym, Swim & Spa (Weekdays 9.00am – 4.00pm/ weekends all day)	£4.70

Discount available on selected junior and adult swimming lessons (limited places available)

Exercise Classes (see class timetable for days and times)

Activity	Price
Health Circuits	£3.30
Hydro Active Level 1 & 2	£3.30
Deep Water Aqua	£3.30
Stretch & Mobilise	£3.30
Well Fit	£3.30

Exercise Classes

Class Timetable Monday Tuesday 1 September-Friday 18 December 2015

Class	Day	Time	Price
Nice & Easy	Monday	9.20am – 10.05am	£3.30
Spinning	Monday	10.05am-10.35am	£3.30
Zumba	Monday	1.00pm-1.55pm	£3.30
Spinning	Monday	1.00pm-1.30pm	£3.30
Legs, Bums & Tums	Monday	5.30pm-6.25pm	£3.30
Aqua Circuits	Tuesday	7.45am-8.25am	£3.30
BodyCombat	Tuesday	10.15am-11.10am	£3.30
Deep Water Aqua	Tuesday	10.45am-11.40am	£3.30
BodyBalance	Tuesday	11.15am-12.10pm	£3.30
Spinning	Tuesday	6.45pm-7.30pm	£3.30
BodyCombat	Tuesday	7.00pm-7.55pm	£3.30
Ashtanga Yoga	Tuesday	8.10pm-9.25pm	£3.30
Spinning	Wednesday	7.30am-8.00am	£3.30
Zumba	Wednesday	9.15am-10.00am	£3.30

Athletic Stretch	Wednesday	9.50am-10.20am	£3.30
Deep Water Aqua	Wednesday	10.45am-11.40am	£3.30
Spinning	Wednesday	1.00pm-1.30pm	£3.30
Circuits	Wednesday	6.35pm-7.30pm	£3.30
Body Conditioning	Thursday	7.15am-8.00am	£3.30
Deep Water Aqua	Thursday	7.30am-8.25am	£3.30
Spinning	Thursday	10.05am-10.35am	£3.30
Spinning	Friday	7.30am-8.00am	£3.30
Deep Water Aqua	Friday	10.45am-11.40am	£3.30
Legs, Bums & Tums	Friday	5.30pm- 6.25pm	£3.30
Spinning	Saturday	10.30am-11.15am	£3.30
BodyPump	Saturday	12.05pm-1.00pm	£3.30
Legs, Bums & Tums	Sunday	11.00am-11.55am	£3.30
Hatha Yoga	Sunday	5.00pm-6.30pm	£3.30

Pelhams Park Leisure Centre Access Scheme Offers

Activity	Price
Adult Swim	£2.60
Junior / 60+ Swim	£1.90
Gym	£4.10
Gym Induction	£10.00

Discount available on selected pre school, junior and adult swimming lessons (limited places available)

Exercise Classes

Class Timetable Monday Tuesday 1 September-Friday 18 December 2015

Class	Day	Time	Price
Hydro Active Level 2	Monday	8.45am-9.30am	£3.30
Health Circuits	Monday	12.30pm-1.25pm	£3.30
Hydro Active Level 2	Tuesday	8.45am-9.30am	£3.30
Zumba	Tuesday	9.20am-10.15am	£3.30
Aqua	Tuesday	9.35am-10.20am	£3.30
Hatha Yoga	Tuesday	8.35pm-9.50pm	£3.30
Hydro Active Level 2	Wednesday	8.45am-9.30am	£3.30
BodyPump	Wednesday	10.35am-11.30am	£3.30
Dance Mix	Thursday	10.35am-11.30am	£3.30
Health Circuits	Thursday	1.00pm-1.55pm	£3.30
Body Pump	Thursday	7.00pm-7.55pm	£3.30
Zumba	Thursday	7.05pm-8.00pm	£3.30
Health Circuits	Friday	12.45pm-1.40pm	£3.30
Legs, Bums & Tums	Friday	5.30pm-6.25pm	£3.30
Boxercise	Friday	6.00pm-6.55pm	£3.30
Swim Fit	Saturday	8.00am-9.00am	£3.30
Body Conditioning	Sunday	9.00am-9.45am	£3.30

Stokewood Leisure Centre Access Scheme Offers

Activity	Price
Adult Swim	£2.60
Junior/student	£1.90
60+ Swim	£1.90
Gym (weekdays 6.00am-4.00pm / weekends all day)	£4.10
Gym Induction	£10.00

Discount available on selected pre school, junior and adult swimming lessons (limited places available)

Exercise Classes

Class Timetable Monday Tuesday 1 September-Friday 18 December 2015

Class	Day	Time	Price
Insanity	Monday	7.00am-7.50am	£3.30
Zumba	Monday	9.30am-10.25am	£3.30
Body Flow Fusion	Monday	10.30am-11.25am	£3.30
BodyCombat	Monday	5.30pm-6.25pm	£3.30
Total Body	Tuesday	9.30am-10.25am	£3.30
Deep Water Aqua	Tuesday	10.05am-11.00am	£3.30
Fitness Boxing	Tuesday	8.05pm-9.00pm	£3.30
Spinning	Wednesday	8.05pm-9.00pm	£3.30
Aqua Zumba	Wednesday	10.05am-11.00am	£3.30
Hatha Yoga	Wednesday	10.30am-11.25am	£3.30
Hatha Yoga	Wednesday	8.30pm-9.25pm	£3.30
Body Conditioning	Thursday	9.30am-10.25am	£3.30
HIIT	Thursday	8.00pm-8.55pm	£3.30
Pilates	Friday	7.15am-8.10am	£3.30
Deep Water Aqua	Friday	11.05am-12.00pm	£3.30

Sir David English Sports Centre Access Scheme Offers

Activity	Price
Gym (weekdays 6.30am-4.00pm / weekends all day)	£4.10
Gym Induction	£10.00

Exercise Classes

Class Timetable Monday Tuesday 1 September-Friday 18 December 2015

Class	Day	Time	Price
Legs, Bums & Tums	Monday	9.30am-10.25am	£3.30
Zumba	Monday	10.30am-11.25am	£3.30
Legs, Bums & Tums	Tuesday	9.30am-10.25am	£3.30
Body Conditioning	Wednesday	9.35am-10.30am	£3.30