

# Shaftesbury Leisure Centre

## Aerobics Timetable

September – December 2008

### Monday

**X-Biking** 09.30-10.15

A Mixed Ability session with Karen.

**X-Biking** 18.30-19.15

An Advanced session with Dan.

**Yoga — Beginners** 18.30-19.30

With Sheron. Improve muscle tone, strength and flexibility while learning to relax and unwind.

**Yoga — Mixed Ability** 19.30-21.00

With Sheron.

---

### Tuesday

**Post Natal Aerobics** 13.30-14.30

With Jenny

**Body Sculpture** 18.30-19.30

With Clare. A class for toning and contouring the body, whilst developing flexibility.

**X-Biking** 18.30-19.15

A Mixed Ability session with Dan.

---

### Wednesday

**FitBall** 18.00-19.00

With Jenny. Core stability and strengthening for those abdominal & back muscles

**Cardio kick** 19.00-20.00

With Jenny. Combining simple aerobic choreography with martial arts and boxing based moves.

---

### Thursday

**Yoga — Mixed Ability** 09.30-11.00

With Sheron.

**Eatwise & Energise** 13.00-14.30

A Weight management course with Andy and Ian, A block of 10 sessions, registration can only be taken within the first two weeks. Please ask at reception for details.

**X-Biking— Mixed Ability** 18.00-18.45

A mixed ability session with Jenny. Suitable for everyone from beginners to advanced.

**Pilates—Mixed Ability** 18.00-19.00

With Jay. Booked as a block of sessions, please ask at reception for details.

**Legs, Bums and Tums** 19.00-20.00

With Clare. A combination class to work those problem areas.

---

### Friday

**X-Biking** 09:30-10:15

A Mixed Ability session with Karen.

**(Please book all classes to avoid disappointment)**

The Leisure Centre reserves the right to change the programme at any time.