

CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



10.00 - 11.00 **NEW!**
Zumbagold

2.00 - 3.00
Over 50's Class

5.30 - 6.00
Abs Blast

4.30 - 5.30
Kidz Fitness

6.00 - 7.30
Slimwell®

4.30 - 5.30
Yoga

6.00 - 7.00
Aerobics

6.45 - 7.45
Zumba

7.15 - 8.15
Boxercise Circuits

7.15 - 8.15
LESMILLS BODYPUMP

10.00-11.00
Extend

11.15 - 12.15
Advanced Extend

5.30 - 6.00
Abs Blast

6.00 - 7.00
LESMILLS BODYBALANCE

7.00 - 8.00
Tai Chi

7.00 - 8.00
20/20/20 **NEW!**

8.15 - 9.15
Beginners Salsa

11.00 - 12.00
Yoga

1.00 - 2.30
Health Walk in Sandwell Valley



5.30 - 6.30
Yoga

6.45 - 7.45
Aerobics

10.00 - 11.00
Tai Chi

11.30 - 12.30
Zumbagold

6.00 - 7.00 **NEW!**
LESMILLS BODYBALANCE

9.30 - 10.30
Zumba

11.00 - 12.00
LESMILLS BODYPUMP

CLASS PRICES

Special Prices

Slimwell (first 20 weeks)	£1.00
Extend	£1.50
Health walk	£1.50
Kidz Fitness	£1.50
Tai Chi	£2.50
Yoga	£2.50
Over 50's Class	£2.50
Zumba Gold	£2.50

Standard Prices

(based on membership type)	
Premium:	Free of charge
Basic: 30 minutes	£2.50
60 minutes	£3.70
Concessions:	£2.50
Non-member:	£4.50

CLASS DESCRIPTIONS

20/20/20 - 20 minute combinations of Step/Conditioning/Abs Blast. A fast paced cardio workout to get your heart racing and blood pumping!

BODYBALANCE™ - A mix of Yoga, Tai Chi, Pilates that builds flexibility and strength leaving you feeling centered and calm.

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!

Boxercise Circuits - A high energy workout, using boxing moves and set stations to improve general fitness.

Tai Chi - A Chinese system of slow, meditative, physical exercise designed for relaxation, balance and health.

Yoga - Designed to improve health and mental performance, blending balance, strength, flexibility and power in a fitness format.

Zumba - Fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programme that will blow you away!

Zumba Gold - Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.