

# Colyton Leisure Centre

# Exercise & Fitness

Monday	Time	Instructor
Step Aerobics	9.00 - 9.55am	Sam N
Fitness Yoga	10.00 - 10.55am	Sam N
Thai Yoga	5.15 - 6.25pm	Niclaire
Body Conditioning	6.30 - 7.25pm	Vanessa
Tuesday	Time	Instructor
Body Tone & Balance	9.00 - 9.55am	Vanessa
Legs, tum & bums	6.00 - 6.55pm	Jane P
Kettle Bell	7.00 - 7.55pm	Lucy
Zumba	8.00 - 8.55pm	Connie
Wednesday	Time	Instructor
Step Aerobics	6.00 - 6.55pm	Sam N
Thai Yoga	7.15 - 8.30pm	Sam N
Thursday	Time	Instructor
Fitness Yoga	9.00 - 9.55am	Sam H
Zumba	6.30 - 7.25pm	Vanessa
Pilates	7.30 - 8.25pm	Dana
Friday	Time	Instructor
Pilates Beg	9.00 - 9.55am	Jane T
Zumba	10.00 - 10.55am	Jane T
Remedial Pilates	11.00 - 11.55am	Jane T
Saturday	Time	Instructor
Aerobics	9.30 - 10.25am	Charlotte

## Booking Information:

Late cancellations and no – shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

'UNLIMITED' members will be able to book up to 8 days in advance. Aqua members / PAYG members and non members will be able to book up to 7 days in advance.

Payment is required for the activity upon booking.

Please note that classes are subject to change.

## Colyton Leisure Centre

Stafford Lane, Colyford, Colyton, EX24 6GB

Tel: 01297 552000

