

# Group Exercise

February '17

| Monday                              | Ability | Instructor | Time          | Venue                  |
|-------------------------------------|---------|------------|---------------|------------------------|
| ● Studio Cycling                    | ●●●     | Naomi      | 09.15 - 10.00 | SLC - Studio           |
| ● AquaFit                           | ●●      | Barbara    | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ● Bodypump#                         | ●●●     | Naomi      | 10.15 - 11.15 | SLC - Studio           |
| ○ Pilates Course (All Abilities)#   | ●●      | Dana       | 11.30 - 12.30 | Stowford Centre        |
| ● Adult Improvers Swimming Lessons# | ●●      | Anne       | 18.00 - 18.45 | Sidmouth Swimming Pool |
| ● Studio Cycling                    | ●●●     | Dominic    | 18.15 - 19.00 | SLC - Studio           |
| ● Functional Circuits               | ●●●     | Dominic    | 19.10 - 20.00 | SLC - Main Hall        |
| ● Adult Beginners Swimming Lesson#  | ●       | Anne       | 19.00 - 19.45 | Sidmouth Swimming Pool |
| ● Bodypump#                         | ●●●     | Cheryl     | 19.15 - 20.00 | SLC - Studio           |
| ○ Body Balance#                     | ●●      | Cheryl     | 20.00 - 21.00 | SLC - Studio           |
| Tuesday                             | Ability | Instructor | Time          | Venue                  |
| ● Aqua Flex                         | ●       | Dana       | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ○ Low impact aerobics               | ●       | Janet F    | 09.15 - 10.15 | SLC - Squash Court     |
| ● Bodypump#                         | ●●●     | Naomi      | 09.15 - 10.15 | SLC - Studio           |
| ● Aqua Circuits                     | ●●      | Dana       | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ○ Studio Stretch                    | ●       | Naomi      | 10.30 - 11.15 | SLC - Squash Court     |
| ● Studio Cycling                    | ●●●     | Naomi      | 11.30 - 12.15 | SLC - Studio           |
| ● Zumba                             | ●●      | Naomi      | 18.00 - 19.00 | SLC - Main Hall        |
| ● Studio Cycling                    | ●●      | Janet      | 18.00 - 18.45 | SLC - Studio           |
| ● Body Blitz#                       | ●●●     | Janet A    | 19.00 - 19.45 | SLC - Main Hall        |
| ● Bodypump#                         | ●●●     | Naomi      | 19.00 - 20.00 | SLC - Studio           |
| ● SwimFit                           | ●●●     | Jon        | 20.00 - 21.00 | Sidmouth Swimming Pool |
| ○ Bodybalance#                      | ●●      | Katherine  | 20.00 - 21.00 | SLC - Studio           |
| Wednesday                           | Ability | Instructor | Time          | Venue                  |
| ● Step Aerobics                     | ●●      | Naomi      | 09.15 - 10.00 | SLC - Studio           |
| ○ Core & Stretch                    | ●       | Chantelle  | 09.30 - 10.30 | SLC - Squash Court     |
| ● AquaFit                           | ●●      | Dana       | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ● Bodypump#                         | ●●●     | Naomi      | 10.00 - 10.45 | SLC - Studio           |
| ● Studio Cycling                    | ●●      | Dominic    | 11.00 - 11.45 | SLC - Studio           |
| ○ Pilates Course (All Abilities)#   | ●●      | Dana       | 11.30 - 12.30 | Stowford Centre        |
| ● Bodypump#                         | ●●●     | Naomi      | 18.00 - 19.00 | SLC - Studio           |
| ● Kettlecise#                       | ●●●     | Lucy       | 19.00 - 20.00 | SLC - Main Hall        |
| ● Studio Cycling                    | ●●●     | Janet A    | 19.15 - 20.00 | SLC - Studio           |
| ● Core Class                        | ●●      | Janet A    | 20.00 - 20.30 | SLC - Studio           |
| ● Swimfit                           | ●●      |            | 20.00 - 21.00 | Sidmouth Swimming Pool |



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# Group Exercise

| Thursday                           | Ability | Instructor       | Time          | Venue                  |
|------------------------------------|---------|------------------|---------------|------------------------|
| ● Aquafit                          | ●●      | Olivia           | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ● Kettlebells*                     | ●●●     | Barnaby          | 09.30 - 10.15 | SLC - Studio           |
| ○ Body Balance*                    | ●●      | Katherine        | 10.30 - 11.15 | SLC - Squash Court     |
| ● Studio Cycling*                  | ●●●     | Dominic          | 10.30 - 11.30 | SLC - Studio           |
| ● Studio Cycling                   | ●●●     | Janet A          | 18.00 - 18.45 | SLC - Studio           |
| ● Adult Improvers Swimming Lesson* | ●●      | Anne             | 18.00 - 18.45 | Sidmouth Swimming Pool |
| ● Beginners Studio Cycling         | ●●      | Janet A          | 18.45 - 19.30 | SLC - Studio           |
| ○ Studio Stretch                   | ●       | Janet A          | 19.45 - 20.30 | SLC - Studio           |
| ● Circuits                         | ●●●     | Dominic          | 20.10 - 21.00 | SLC - Main Hall        |
| Friday                             | Ability | Instructor       | Time          | Venue                  |
| ● Aquafit                          | ●●      | Barbara          | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ● Total Body Workout               | ●●●     | Janet A          | 09.15 - 10.15 | SLC - Squash Court     |
| ● Bodypump*                        | ●●●     | Naomi            | 09.15 - 10.15 | SLC - Studio           |
| ● Studio Stretch                   | ●●      | Janet A          | 10.20 - 11.05 | SLC - Squash Court     |
| ● Studio Cycling                   | ●●●     | Janet A          | 11.30 - 12.15 | SLC - Studio           |
| ○ Body Balance*                    | ●●      | Katherine        | 17.15 - 18.00 | SLC - Studio           |
| ● Studio Cycling                   | ●●●     | Chris            | 18.15 - 19.00 | SLC - Studio           |
| ● Studio Cycling                   | ●●●     | Chris            | 19.00 - 19.45 | SLC - Studio           |
| Saturday                           | Ability | Instructor       | Time          | Venue                  |
| ● Studio Cycling                   | ●●●     | Various rotating | 09.00 - 09.45 | SLC - Studio           |
| ● Core Class                       | ●●      | Chantelle        | 10.00 - 10.30 | SLC - Squash Court     |
| ● Studio Cycling/Circuits          | ●●●     | Various rotating | 10.00 - 11.00 | SLC - Studio           |
| ○ Stretch & Relax                  | ●       | Chantelle        | 10.30 - 11.15 | SLC - Squash Court     |

- Dance
- Mind & Body
- Pool
- Strength & Conditioning
- Cardio
- High Intensity
- Teen

●●● Beginners & very low impact    ●● Suitable for all    ●●● More suited to advanced

**Please note:**

Minimum age for classes is 14 years old except where indicated #, in which case the minimum age is 16 years old. All class times include set up/take down time. All classes subject to change.

**Bookings**

UNLIMITED members can book 8 days in advance. Pay as you go Non Members can book 7 days in advance. A minimum of 24 hours notice is required to guarantee a refund and avoid any strikes.

**Contact Details**

Sidmouth Swimming Pool  
Ham Lane, Sidmouth EX10 8XR  
Tel: 01395 577057

Sidmouth Leisure Centre  
Primley Road, Sidmouth EX10 9LH  
Tel: 01395 577679

[www.ledleisure.co.uk](http://www.ledleisure.co.uk)

