

# Group Exercise

January '18

Monday	Ability	Instructor	Time	Venue
● Studio Cycling	●●●	Naomi	09.15 - 10.00	SLC - Studio
● Aquafit	●●	Barbara	09.45 - 10.30	Sidmouth Swimming Pool
● Bodypump <sup>#</sup>	●●●	Naomi	10.15 - 11.15	SLC - Studio
● Adult Improvers Swimming Lessons <sup>#</sup>	●●	Barbara	11.00 - 11.15	Sidmouth Swimming Pool
○ Pilates Course (All Abilities) <sup>#</sup>	●●	Dana	11.30 - 12.30	Stowford Centre
● Adult Improvers Swimming Lessons <sup>#</sup>	●●	Anne	18.00 - 18.45	Sidmouth Swimming Pool
● Studio Cycling	●●●	Dominic	18.00 - 18.45	SLC - Studio
● Circuits	●●●	Dominic	19.10 - 20.00	SLC - Main Hall
● Adult Beginners Swimming Lesson <sup>#</sup>	●	Anne	19.00 - 19.45	Sidmouth Swimming Pool
● Bodypump <sup>#</sup>	●●●	Louise	19.00 - 19.45	SLC - Studio
○ Body Balance <sup>#</sup>	●●	Louise	20.00 - 21.00	SLC - Studio
Tuesday	Ability	Instructor	Time	Venue
● Aqua Flex	●	Dana	09.00 - 09.45	Sidmouth Swimming Pool
● Bodypump <sup>#</sup>	●●●	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
● Dance Fit	●●	Naomi	18.00 - 19.00	SLC - Main Hall
● Studio Cycling	●●	Abigail	18.00 - 18.45	SLC - Studio
● Circuits	●●	Abigail	19.00 - 19.45	SLC - Main Hall
● Bodypump <sup>#</sup>	●●●	Naomi	19.00 - 20.00	SLC - Studio
● SwimFit	●●●	Robert	20.00 - 21.00	Sidmouth Swimming Pool
○ Bodybalance <sup>#</sup>	●●	Katherine	20.00 - 21.00	SLC - Studio
Wednesday	Ability	Instructor	Time	Venue
○ Body Pump	●●	Naomi	09.15 - 10.00	SLC - Studio
● Aquafit	●●	Dana	09.45 - 10.30	Sidmouth Swimming Pool
● Step	●	Naomi	10.15 - 11.15	Squash Courts
● Studio Cycling	●●	Dominic	11.20 - 12.05	SLC - Studio
○ Pilates Course (All Abilities) <sup>#</sup>	●●	Dana	11.30 - 12.30	Stowford Centre
● Bodypump <sup>#</sup>	●●●	Naomi	18.00 - 19.00	SLC - Studio
● Kettleise <sup>#</sup>	●●	Lucy	19.00 - 20.00	SLC - Main Hall
● Studio Cycling	●●●	Naomi	19.15 - 20.00	SLC - Studio
● Adult Improvers Swimming Lessons <sup>#</sup>	●	Barbara	10.30 - 11.15	Sidmouth Swimming Pool
● Core Conditioning	●●	Lucy	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		Dominic	09.30 - 10.15	SLC - Studio
 Body Balance*		Katherine	10.30 - 11.30	SLC - Squash Court
 Studio Cycling		Dominic	10.30 - 11.30	SLC - Studio
 Studio Cycling		Rachel	18.00 - 18.45	SLC - Studio
 Adult Improvers Swimming Lesson*		Anne	18.00 - 18.45	Sidmouth Swimming Pool
 Beginners Studio Cycling		Rachel	18.45 - 19.30	SLC - Studio
Friday	Ability	Instructor	Time	Venue
 Aquafit		Barbara	09.00 - 09.45	Sidmouth Swimming Pool
 Body Conditioning		Dana	09.15 - 10.15	SLC - Squash Court
 Bodypump*		Naomi	09.15 - 10.15	SLC - Studio
 Studio Stretch		Dana	10.20 - 11.05	SLC - Squash Court
 Studio Cycling		Naomi	10.30 - 11.15	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		Dominic	09.00 - 09.45	SLC - Studio
 Pilates*		Sabine	09.00 - 10.00	SLC - Squash Court
 Circuits		Dominic	10.00 - 10.45	SLC - Studio
 Thai Yoga		Sabine	10.00 - 11.00	SLC - Squash Court
Sunday	Ability	Instructor	Time	Venue
 Studio Cycling		Kate	09.00 - 09.45	SLC - Studio

 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

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