Classes and Activities 2019

All the following classes are FREE and are bookable 7 days in advance to Leisure for Life members.

**MONDAY**
- 09:30 - 10:30: Gym Based Circuits
- 17:15 - 17:45: Urban Rebound
- 18:00 - 18:45: Bodymax
- 18:00 - 19:00: Kettlebox
- 19:00 - 20:00: Spinning
- 19:00 - 20:00: Yoga

**WEDNESDAY**
- 09:30 - 10:15: Boxmaster
- 09:30 - 10:30: Low Intensity Circuits
- 17:00 - 18:00: Spinfit
- 17:30 - 18:15: Bodymax
- 18:00 - 19:00: Spinning
- 19:00 - 20:00: Spinning

**TUESDAY**
- 08:30 - 09:30: Low Intensity Circuits
- 09:30 - 10:30: Aerotone
- 18:00 - 19:00: Functional Fitness
- 18:00 - 19:00: Zumba
- 19:00 - 20:00: Legs, Bums & Tums

**THURSDAY**
- 09:30 - 10:30: Fitball
- 18:00 - 19:00: Spinning
- 18:15 - 19:00: Gym Based Circuits
- 19:00 - 19:45: Functional Fitness
- 19:00 - 19:45: Zumba Strong
- 19:00 - 20:00: Spinning
- 19:45 - 20:45: Pilates

**FRIDAY**
- 09:30 - 10:15: Gym Based Circuits
- 10:15 - 11:00: Kettlebox
- 10:15 - 11:15: Pilates
- 11:00 - 12:00: Low Intensity Circuits
Leisure for Life Membership Card
Join today and start saving!

Available to all. No joining fee. Visit any leisure centre as often as you like.
Welcome to the Leisure for Life membership, which offers you inclusive access to gym, swimming, classes and indoor sports at ALL Council leisure centres.
You pay one price - with discounts depending on how you choose to pay.

JOIN ONLINE NOW!
www.rctcbc.gov.uk/leisuremembership
Or via the Leisure For Life APP

This centre also hosts external classes and club activities:
- Tae Kwon Do - Tigers
- Tae Kwon Do
- Karate - Junior
- Karate - Senior
- RugbyTots
- Football Tots
- Top Tots Netball
- Top Tots Balance Bikes
- Young @ Heart
- Social Tea Dance

SATURDAY
10:00 - 11:00 Virtual Spin*
14:00 - 15:00 Badminton

SUNDAY
10:00 - 11:00 Spinning
11:00 - 12:00 Virtual Spin*

* A non-instructed workout that gives you guidance on effort levels and/or cadence through a virtual cycle ride on a large screen. Virtual spin can also be offered at different times.

PLEASE NOTE: Various taster sessions will be offered at different times during the year. For up-to-date information please follow us on Facebook and/or speak to a member of staff.

Due to unforeseen circumstances, occasionally some fitness classes may be cancelled at short notice.