

## Adults Activities and Fitness Classes.

ACTIVITY	AGE GROUP	TIME	TUTOR	DURATION
<b>Monday</b>				
50+ Aerobics		10:00- 11:00	Jacque Guinn	Weekly
Kettlebell Class ( NEW)	16+	18.00-19.00	Cathy Turner	Weekly
Body Sculpt ( was B.L.T )	16+	18.30-19.30	Claire Clugston	Weekly
Easyline	16+	18.30-19.30	Julia Fielden	Weekly
Art Class	Any	20.00-22.00	Pauline Nelson	Weekly
Ju-Jitsu	16+	20.00-21.30	Jim Allen	Weekly
Adult Trampoline Class	16+	20.30-22.00	Ryan Tedford	Weekly
<b>Tuesday</b>				
Pilates (Lunchtime)	16+	12.30-13.30	Jennifer Gordon	10/1/2012
Circuit Training	16+	18.00-19.00	Cathy Turner	Weekly
Circuit Training	16+	19.00-20.00	Cathy Turner	Weekly
Kettlebells Class (NEW)	16+	18.00-18.45	Alison/Marty	Weekly
Weight Watchers	Any	17.30-18.30	Marie Reynolds	Weekly
Weight Watchers	Any	18.45-19.45	Marie Reynolds	Weekly
Men's Weight Watchers	Any	20.00-21.00	Marie Reynolds	Weekly
Ju-Jitsu	15+	20.15-21.45	John McDonald	Weekly
<b>Wednesday</b>				
Weight Watchers	Any	09.30-10.30	Marie Reynolds	Weekly
Weight Watchers	Any	10.45-11.45	Marie Reynolds	Weekly
Circuit Training	16+	12.30-13.30	Marty Wilgaus	Weekly
Lunch-Time Yoga	16+	12.30-13.30	Billy Ingram	Weekly
ZUMBA (New)	16+	18.00 – 19.00	J. Milligan	Weekly
Yoga	16+	18.30-20.00	Catherine Nugent	Limited spaces
Yoga	16+	20.15-21.45	Catherine Nugent	Limited spaces
Pilates	16+	18.00-19.00 19.00-20.00 20.00-21.00	Jennifer Gordon	Limited spaces
<b>Thursday</b>				
50+ Aerobics		10:00-11:00	Jacque Guinn	Weekly
Water Aerobics		10.45 -11.15	Diane Audley	Weekly
Circuit Training	16+	18.00-19.00	Michelle Raphael	Weekly
Circuit Training	16+	19.00-20.00	Michelle Raphael	Weekly
ZUMBA (Town Hall)	16+	19.15-20.15	Andrea Stanbridge	Weekly
Aqua-fit	16+	20.00-21.00	Diane Audley	Weekly
Yoga	16+	18.30-20.00	Mandy McNaul	Limited spaces
Yoga	16+	20.15–21.45	Mandy McNaul	Limited spaces
<b>Friday</b>				
<b>Saturday</b>				
ZUMBA (New)	16+	09.45-10.45	Lynsey Maguire	Weekly

## Kids Classes and Activities.

ACTIVITY	AGE GROUP	TIME	TUTOR	DURATION
<b>Monday</b>				
Jo Jingles	1 – 2 yrs	09.45 – 10.30	Gillian Moxen	Weekly
Jo Jingles	2 – 3 yrs	10.45 – 11.30	Gillian Moxen	Weekly
Pre-School Swimming	3½ – 4½yrs	14.00 – 14.30 14.30 – 15.00	Alex Fekkes	Contact Reception
Taekwon-Do	3 – 5yrs	16.00 – 16.45	Leo Maguire	Weekly
Taekwon-Do	5 years +	17.00 – 18.00	Leo Maguire	Weekly
Ju Jitsu - Beginners	5 – 16 yrs	18.00 – 19.00	Jim Allen	Weekly
Trampoline Club	7+ ( Beginners)	17.30 – 19.00	Ryan Tedford	Weekly
Ju Jitsu – Advanced	5 – 16 yrs	19.00 – 20.00	Jim Allen	Weekly
Ju Jitsu – Adults	16+ yrs	20.00 – 21.30	Jim Allen	Weekly
Trampoline Club	7+ ( Improvers)	19.00 – 20.30	Ryan Tedford	Weekly
Art Class	Any	20.00 – 22.00	P Nelson	Weekly
<b>Tuesday</b>				
Ju-Jitsu	6 – 14 yrs	19.15 – 20.15	John McDonald	Weekly
Ju-Jitsu	15+ yrs	20.15 – 21.45	John McDonald	Weekly
<b>Wednesday</b>				
Pre-School Swimming	3½ - 4½ yrs	12.15-12.45 12.45-13.15	Janice Warren	Contact Reception
Monkeynastixs	2 -4yrs	15.30 - 16.00	Sarah	11/1/2012
<b>Thursday</b>				
Stroke Clinic (Swimming)	8 - 16 yrs	19.00 - 20.00	Edith Skillen	Weekly
Try Dance	3 – 5yrs	14.30 – 15.00	J. Milligan	Weekly
Try Dance	3 – 5yrs	15.00 – 15.30	J. Milligan	Weekly
Try Dance	6 – 12yrs	15.45 – 16.45	J. Milligan	Weekly
Try Dance	13 +yrs	16.45 – 17.45	J. Milligan	Weekly
<b>Friday</b>				
Pre-School Swimming	3½- 4½yrs	12.15-12.45	Janice Warren	Contact Reception
Pre-school swimming	3½-4 ½yrs	14.00-14.30 14.30-15.00	Alex Fekkes	Contact Reception
Toddlers Soccer	Aged 2-5yrs	15.00 – 15.45	Tim Wareing	Weekly
Soccer Coaching	5-8yrs old	15.45 –16.30	John/Phil	Weekly
Soccer Coachng	9-12 years old	16.30-17.15	John/Phil	Weekly
<b>Saturday</b>				
J.M Dance Academy	5-8 yrs old	14.00 – 14.45	J. Milligan	Limited Spaces
J.M Dance Academy	9-12yrs old	15.00 – 15.45	J. Milligan	Limited Spaces
J.M Dance Academy	13 + yrs old	15.45 – 16.30	J. Milligan	Limited Spaces

These classes are included in the Zest Fitness direct debit. (Spaces are limited on some Courses)

