



## Classes at Capital Fitness Club

### Monday:

09.30 - 10.15	Stretch and Tone	Anne/Gill
18.00 - 18.45	Tone Zone	Gill
18.45 - 19.45	Cardio Express	Joanna
20.00 - 21.00	Pilates (Advance)	Lesley

### Tuesday:

09.30 - 10.15	Body Blitz	Vicky
09.45 - 10.30	Aqua Aerobics	Gill
18.00 - 18.45	Shape Up	Lynne
19.00 - 20.15	Ashtanga Yoga	Joanne

### Wednesday:

09.15 - 10.00	Over 50's	Anne
18.00 - 18.45	Aqua	Gill
18.00 - 18.45	Circuits	Tony
19.00 - 19.45	Zumba	Anne

### Thursday:

09.15 - 10.00	Aero Tone	Vicky
16.45 - 17.15	Yoga	Sheila
17.15 - 18.15	Yoga	Shelia
18.15 - 18.45	T.F.B	Anne
18.45 - 19.30	Abs Workout	Anne

### Friday:

09.45 - 10.30	Aqua Aerobics	Gill
10.45 - 11.45	Pilates (With Equipment)	Debbie
18.00 - 19.00	Line Dancing	Audrey

### Saturday:

09.00 - 10.00	Pilates (Beginners)	Lesley
10.00 - 11.00	Aero Step (Advance)	Joanna

### Sunday:

09.30 - 10.30	Step (Chargeable)	Vicky
10.45 - 11.30	NRG Workout	Vicky
11.45 - 12.30	Aqua	Gill

- All classes should be booked in advance
- In the event that a class does not meet minimum numbers, the class may be subject to cancellation and members will be notified in advance