

ALTRINCHAM LEISURE CENTRE

MON	Body Conditioning	09.30	Lower P Hall
	Spinning	0.930	Spin Studio
	Stretch and Tone ** 30 mins	10.00	Main Hall
	Yoga Stretch **	10.30	Lower P Hall
	H2O Water Workout **	10.30	Main Pool
	Spinning	18.15	Spin Studio
	Aerobics	18.30	Lower P Hall
	Spinning	19.15	Spin Studio
	Circuit Training	19.15	Main Hall
	Body Conditioning	19.30	Lower P Hall
TUES	Aerobics	09.30	Lower P Hall
	Body Conditioning	10.30	Lower P Hall
	Line Dancing **	11.30	Lower P Hall
	Pilates (Ladies only) <i>New</i>	12.00	Lower P Hall
	Spinning	18.00	Spin Studio
	Begin to Step (30 ins)	18.00	Lower P Hall
	Step (new time)	18.30	Lower P Hall
	Spin	19.00	Spin Studio
	Pilates	19.30	Upper P Hall
	WED	Spinning	09.30
Total Workout		09.30	Lower P Hall
Yoga (Ladies)**		10.30	Lower P Hall
Stretch and Strengthen—Rehab		12.15	Upper P Hall
Spinning		19.00	Spin Studio
Aeromix		19.15	Main Hall
THURS	Spinning	09.30	Spin Studio
	Total Workout	09.30	Lower P Hall
	Yoga—New Time	10.30	Lower P Hall
	Spinning	18.00	Spin Studio
	Spinning	19.00	Spin Studio
	Aerobics and tone (Ladies)	19.30	Lower P Hall
FRI	Step	09.30	Lower P Hall
	Body Conditioning	10.30	Lower P Hall
	Aqua Natal	12.15	Small Pool
SAT	Spinning	10.30	Spin Studio
SUN	Spinning	10.00	Spin Studio
	Begin to Step	10.30	Lower P Hall
	Step	11.00	Lower P Hall
	Salsa	17.00	Lower P Hall

GEORGE H CARNALL LEISURE CENTRE

MON	Gentle Aerobics **	10.00	Main Hall
	Yoga (75 mins) **	19.15	Function Rm
TUE	Yoga (75 mins) **	10.00	Practice Hall
	Dance Aerobics	18.15	Function Rm
WED	Circuits	09.30	Main Hall
	Pilates **	19.00	Function Rm
	Circuits <i>New Time</i>	19.00	Main Hall
THUR	Gentle Aerobics **	09.30	Main Hall
	Pilates **	10.05	Aerobic St.
	Fitball Conditioning	18.20	Aerobic St
	Body Conditioning	19.30	Function Rm
FRI	Total Workout	09.30	Aerobic St
SAT	Combat	11.10	Aerobic St
	Abs Workout	12.15	Aerobic St,

STRETFORD LEISURE CENTRE

MON	Spinning 45 minutes	07.15	Spin Studio	
	Gentle Aerobics **	10.00	Main Hall	
	Yoga **	11.45	Practice Hall	
	Spinning 30 minutes	12.15	Spin Studio	
	Aqua natal	18.00	Main Pool	
	Aerobics	18.15	Practice Hall	
	Spinning 30 minutes	19.30	Spin Studio	
	Pilates	19.30	Practice Hall	
	TUES	Pilates **	12.00	Practice Hall
		Spinning 30 minutes	17.30	Spin Studio
Pump 50 minutes		18.10	Main Hall	
Aeromix		19.15	Main Hall	
WED	Spinning 45 minutes	07.15	Spin Studio	
	Gentle Aerobics **	10.00	Main Hall	
	Spinning 30 minutes	12..15	Spin Studio	
	Abs Spin and Posture	13.00	Practice Hall	
	Spinning 30 minutes	19.30	Spin Studio	
	Hatha Yoga **	19.15	Practice Hall	
	H2O Water Workout **	20.10	Main Pool	
THURS	Spinning 30 minutes	12.15	Spin Studio	
	Body Pump New	17.30	Main Hall	
	Dance Mats—Family	17.00	Spin Studio	
	Body Conditioning	19.20	Main Hall	
FRI	Stretch and Tone **	10.00	Main Hall	
	Abs Spine and Posture	12.15	Practice Hall	
	Pilates **	18.15	Practice Hall	
SAT	Pilates **	09.30	Practice Hall	
SUN	Abs Spine and Posture <i>New</i>	10.00	Practice Hall	
	Spinning 45 minutes	10.45	Spin Studio	

URMSTON LEISURE CENTRE

MON	H2O Water Workout **	14.30	Main Pool
	Combat	18.00	Practice Hall
	Body Conditioning	19.00	Main Hall
	H2O Water Workout **	21.00	Main Pool
	TUES	Pilates **	12.30
Hatha Yoga **		18.15	Practice Hall
Circuit Training		19.00	Main Hall
Bleep Test (1st Tuesday)		18.20	Main Hall
WED		Spinning	07.15
	H2O Water Workout	10.30	Main Pool
	Spinning 45 minutes	17.45	Practice Hall
	Dance Aerobics	18.00	Main Hall
	Body Conditioning	19.00	Main Hall
	THURS	Kick Box Circuits	18.00
Aeromix		19.05	Main Hall
Spinning 30 minutes		19.30	Practice Hall
FRI	Gentle Aerobics <i>New</i> **	10.30	Practice Hall
	Pilates	18.15	Practice Hall
Sat	Total Workout	10.00	Practice Hall

SALE LEISURE CENTRE

MON	Stretch and Tone **	09.45	Practice Hall	
	ZUMBA—New	10.00	Main Hall	
	Abs Workout <i>New</i>	12.40	Practice Hall	
	Body Conditioning	18.15	Dance Studio	
	Schwinn Indoor Cycling	18.30	Spin Studio	
	Body Conditioning	19.15	Dance Studio	
	Circuit Training	19.15	Main Hall	
	Schwinn Indoor Cycling	19.30	Spin Studio	
	Aqua Aerobics**	20.00	Main Pool	
	TUES	Schwinn Indoor Cycling	09.30	Spin Studio
Gentle Aerobics **		09.45	Practice Hall	
Aqua Aerobics **		12.00	Club Pool	
Yoga **		12.30	Practice Hall	
Spinning 45 min		18.15	Spin Studio	
Aeromix		19.30	Main Hall	
WED	Body Conditioning	09.30	Main Hall	
	Yoga **	10.30	Practice Hall	
	Pilates **	18.15	Activity Room 2	
	Total Workout	18.10	Main Hall	
	Spinning	18.15	Spin Studio	
THURS	Spinning <i>Begin to</i>	19.00	Spin Studio	
	Circuit Training	19.15	Main Hall	
	Body Conditioning **	10.00	Practice Hall	
	Line Dancing **	11.00	Practice Hall	
FRI	Aqua Aerobics **	12.00	Club Pool	
	Spin (30 mins)	12.30	Spin Studio	
	Combat 45 mins	18.00	Practice Hall	
	Schwinn Indoor Cycling	18.00	Spin Studio	
	Schwinn Indoor Cycling	19.00	Spin Studio	
	Yoga	19.00	Practice Hall	
	Pump	19.15	Main Hall	
	SAT	Schwinn Indoor Cycling	09.15	Spin Studio
		Circuit Training	19.00	Main Hall
	SUN	Combat	09.30	Main Hall
Pump		11.15	Main Hall	
SUN	Aeromix <i>New</i>	11.15	Main Hall	

PARTINGTON SPORTS VILLAGE

MON	Total Workout <i>New</i>	18.30	Gym
TUES	Yoga **	10.30	Gym
	Circuit Training	18.45	Main Hall
WED	Aqua Aerobics **	10.30	Main Pool
	Fitball	18.00	Gym
THURS	Abs and Posture	19.00	Gym

** Stay Active Sessions —Suitable for any ages and all abilities

- Some classes have limited availability—ask for details at reception
- Timetable correct at time of print, check reception and notice boards for more details
- Please arrive at your class promptly to avoid disappointment if you arrive late you might be refused admission
- All Classes are 45 or 55 minutes unless otherwise stated

4th January 2010—March 2010