### Galtres Centre Fitness Class Information.

- **Pilates** * (Julie and Mel)
  - Mondays 6.00pm - 7.00pm & 7.00pm - 8.00pm
  - Tuesday 6.00pm - 7.00pm & 7.00pm - 8.00pm (B)
  - Wednesdays 9.30am - 10.30am, 10.45am - 11.45am, 12.00pm - 1.00pm & 6.00pm - 7.00pm
  - Thursday 11.30am - 12.30pm (All classes B, M, R)

- **Legs, Bums and Tums**.
  - A highly effective, uncomplicated class with the emphasis on toning up those problem areas.
  - Tuesday 10.15am - 11.15am (Julie) (B, R, T, C)

- **Contemporary Body Conditioning**.
  - Care stability training. Strengthening, stretching and stamina building.
  - Thursday 10.00am - 11.00am (Julie). (B, R, T, C)

- **Senior Keep Fit**.
  - A blend of strengthening, mobilising and aerobic exercises. Friendly and effective.
  - Monday 10.00am - 11.00am (Julie).
  - (B, R, M, T) (SC)

- **Yoga** *
  - Both classes suitable for all levels. A mind and body experience.
  - Wednesday 6.00pm - 7.15pm & 7.30pm - 8.30pm (Steph) (B, M, R)

- **Tone-A-Size**.
  - Aerobic exercise to music, dynamic use of hand-weights and a toning section to finish.
  - Tuesday 9.15am - 10.15am (Caroline). (B, R, T, C)

- **Total Body**.
  - Effective toning and strengthening exercises. A great full body workout which will leave you feeling rejuvenated.
  - Wednesday 7.00pm - 8.00pm (Caroline). (B, R)

- **Simply Circuits**.
  - A brilliant way to add variety to your exercise regime. Circuit training offers a complete work-out. Excellent conditioning for sports people as well as general fitness. A very popular class.
  - Tuesday 7.00pm - 8.00pm (Tiff).
  - (R)
  - **Those on Platinum Gym membership may attend selected fitness classes. Please ask for details.**

- **Line Dancing**.
  - Social, relaxing and fun! No experience necessary. Suitable for Over 50’s. (SC)
  - Wednesday 2.00pm - 3.00pm (Gita). (B, M, R)

- **Senior Bowls**.
  - Short mat bowls to keep you going through the Winter. Social, undemanding and fun.
  - Wednesday 2.00pm - 4.00pm (Fred)
  - (B, M, R, T). (SC)

- **Class Prices**.
  - Studio Cycling, Pilates, Yoga - £5.00 per session (all require enrolment in advance).
  - Rest of Fitness Classes - Under 50’s - £4.25, Over 50’s - £3.75, Students - £2.75.
  - Books of Fitness Tokens - Under 50’s - £37.50, Over 50’s - £32.50.
  - Senior Bowls - £3.00.
  - Juniors (U-16;s) - £1.00

- **Zumba**.
  - Basic rhythms of Salsa, Meringue, Cumbia and Reggatone combine to provide a great Cardio workout. No experience necessary.
  - Tuesday 11.30am - 12.30pm (Elaine)

- **Zumba Gold**.
  - Suitable for the Over 50’s.
  - Thursdays 11.30am - 12.30pm (Elaine). (All classes B, M, R). (SC)

- **Soft Play** runs every Friday (please check through school holidays) from 10.00am - 11.30am. Suitable for up to 3 years of age. Large soft shapes, mats on the floor, trikes, scooters, ball pool and much more. Only £2.00 per child.

- **Studio Cycling** *
  - Monday 11.30am - 12.30pm. (Caroline) & 6.30pm—7.30pm (Rachel)
  - Wednesday 7.00pm - 8.00pm (Nikola/Paul)
  - Thursday 6.00pm - 7.00pm (Emma).
  - Friday 9.00am - 10.00am (Tiff)
  - Saturday 9.00am - 10.00am & 10.30am - 11.30am (Julie) (All classes B, M, R).
  - **Senior Cycling**—Thursdays 2.00pm—3.00pm.

- **Key to Symbols**.
  - B - Suitable for beginners or those returning to exercise.
  - M - Suitable for the less mobile and those undergoing rehabilitation.
  - R - Suitable for regular exersiers.
  - SC - Senior Club
  - T - Refreshments C - Crèche
  - * - Enrolment in advance needed

- **New Classes**.
  - **Adult Ballet** - Thursdays 1.00pm - 2.00pm
  - **Gently Ballroom** —Wednesday 10.00am—11.00am
  - Our Sports Hall and Outdoor courts are available to hire all year round!
  - **Senior Cycling**—Thursday 2.00pm—3.00pm
  - A gentler version of our Studio Cycling.

- **Our Crèche** is open Tuesdays 9.15am - 12.30pm and Thursdays 10.00am - 11.30am. We take children from 6 months to 3 years of age. £2.00 for one hour. Available for gym users and class members.

- **Books of Fitness Tokens**.
  - Under 50’s £37.50, Students £27.50.

- **Soft Play** runs every Friday (please check through school holidays) from 10.00am - 11.30am. Suitable for up to 3 years of age. No experience necessary. Suitable for Over 50’s.

- **Junior Keep Fit**.
  - Suitable for the Over 50’s.
  - Under 50’s £3.00.

- **Contemporary Body Conditioning**.
  - A highly effective, uncomplicated class with the emphasis on toning up those problem areas.

- **Next Session**.
  - 8.30pm

- **Refreshments**.
  - Books of Fitness Tokens - Under 50’s - £37.50, Over 50’s - £32.50.
  - Senior Bowls - £3.00.
  - Juniors (U-16;s) - £1.00

- **Student Keep Fit**.
  - Suitable for the Over 50’s.

- **Class Prices**.
  - Studio Cycling, Pilates, Yoga - £5.00 per session (all require enrolment in advance).
  - Rest of Fitness Classes - Under 50’s - £4.25, Over 50’s - £3.75, Students - £2.75.
  - Books of Fitness Tokens - Under 50’s - £37.50, Over 50’s - £32.50.
  - Senior Bowls - £3.00.
  - Juniors (U-16;s) - £1.00

- **Senior Keep Fit**.
  - A blend of strengthening, mobilising and aerobic exercises. Friendly and effective.
  - Monday 10.00am - 11.00am (Julie).
  - (B, R, M, T) (SC)

- **Yoga** *
  - Both classes suitable for all levels. A mind and body experience.
  - Wednesday 6.00pm - 7.15pm & 7.30pm - 8.30pm (Steph) (B, M, R)