



Activities

EAST RIDING LEISURE

SOUTH CAVE

# Adult Leisure Activity Programme

Get active, develop new skills and have fun!

Terms and conditions apply.

Let the  
fun start  
today!



Please call (01430) 422132 for further information or visit  
our website at [eastridingleisure.co.uk/southcave](http://eastridingleisure.co.uk/southcave)



EAST RIDING  
OF YORKSHIRE COUNCIL

[eastridingleisure.co.uk](http://eastridingleisure.co.uk)  
Facebook EastRidingLeisure Twitter @ERLeisure

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME	Badminton 10am - 12 noon	Walking for Health <sup>◇</sup> Meet at 10am	Badminton 10am - 12 noon		NHS Health Checks 9.30am - 3pm		
EVENING	Pilates Advanced* 6.15 - 7pm	RPM* 7.15 - 8pm	Pilates Intermediate* 6.15 - 7pm		BODYBALANCE™* 5.30 - 6.30pm		
	Pilates Beginner* 7.15 - 8pm	South Cave Badminton Club† 7 - 10pm		Kettlercise* 7.15 - 8.15pm			
			Powerhooping† 7.15 - 8pm				



## ACTIVITIES BOOKING POLICY

**Booking** – Bookings can be made 7 days in advance for members. Non-members can book 6 days in advance and must pay on booking. To guarantee a class place it is advisable to book in advance.

**Attendance** – Customers must record their attendance at reception. Professional exercise classes require a warm up. Please arrive on time.

**Cancellations** – We require a minimum of 24 hours notice. If we are able to re-sell your place we will either issue you a refund or reschedule the booking in accordance with the booking policy.

\* Booking Required † External Club ◇ Fortnightly session, please check online for dates.

KEY	EXERCISE CLASS	SPORTS CLUB	AQUA
	PRE-SCHOOL	MARTIAL ARTS	GYMNASTICS/ TRAMPOLINING
	HEALTH	DANCE	DISABILITY