Classes

Exercise Class Programme

EAST RIDING LEISURE
WITHERNSEA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	Indoor Cycling 9.15 - 10am	Aerobics 9 - 10am	Indoor Cycling 9.30 - 10.15am	RPM™ 9.15 - 10am	Aqua Fit * 9.30 - 10.15am
DAYTIME	Stability Ball 10.15 - 10.45am	BODYBALANCE™ 10.15 - 11.15am	BODYPUMP™ 10.30 - 11.30am	CXWORX™ 10.15 - 10.45am	Legs, Bums and Tums 9.30 - 10.15am
DAYTIME	Aqua Fit 11.30am - 12.15pm	Aqua Fit * 11 - 11.45am	Aqua Fit 11 - 11.45am	Aqua Fit 10 - 10.45am	BODYPUMP™ 10.30 - 11.30am
DAYTIME	BODYBALANCE™ 11am - 12 noon			BODYBALANCE™ 11am - 12 noon	
DAYTIME				Chair Aerobics 1 - 1.45pm	
EVENING	Indoor Cycling 6.30 - 7.15pm	CXWORX™ 6 - 6.30pm		CXWORX™ 6.15 - 6.45pm	BODYPUMP™ 6 - 7pm
EVENING	BODYPUMP™ 6.30 - 7.30pm	BODYCOMBAT™ 6.30 - 7.30pm	CXWORX™ 6.15 - 6.45pm	BODYCOMBAT™ 7 - 8pm	
EVENING	BODYBALANCE™ 7.30 - 8.30pm	BODYBALANCE™ 7.30 - 8.30pm	RPM™ 7 - 7.45pm	RPM™ 7 - 7.45pm	
EVENING	Circuit Training 7.30 - 8pm		BODYPUMP™ 7 - 8pm		
EVENING	CXWORX™ 8 - 8.30pm				

	SATURDAY	SUNDAY
WEEKEND	BODYCOMBAT™ 9 - 10am	
WEEKEND	CXWORX™ 10 - 10.30am	

EXERCISE CLASS – BOOKING POLICY

Booking – SURE card members can make bookings 7 days in advance or 8 days in advance online. 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. To book online please visit **eastridingleisure.co.uk/bookonline**

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

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. SURE card members can cancel bookings online at **eastridingleisure.co.uk/bookonline**

Most classes are suitable for 14 years upwards - this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

* Moves to 12.15pm between 25 April and 17 July 2017.

10% DISCOUNT
on selected purchases
with your SURE Card

KEY		
CARDIO	SPINNING	AQUA
MIND AND BODY	CORE / STRENGTH	CIRCUITS
TONING	JUNIOR	DANCE