



COMMENCES MONDAY 6TH  
JANUARY 2020

# CLASS TIMETABLE

## MONDAY

Aqua Aerobics 8:30-9:15am  
Body Balance 6-7pm  
Body Pump 7-8pm

## TUESDAY

Early Birds 6:30-7:30am  
Body Attack 6-7pm  
Body Combat 7-8pm

## WEDNESDAY

Aqua Aerobics 8:30-9:15am

## THURSDAY

Early Birds 6:30-7:30am  
Body Pump 6-7pm  
Body Attack 7-8pm

## SATURDAY

Body Pump 8:30-9:30am

## SUNDAY

Body Balance 9-10am  
Body Combat 10-10:45am  
Body Attack 10:45-11:30am

**BODYPUMP** is the original barbell workout designed to get you lean, toned and fit – **QUICKLY**.  
**BODYATTACK** is a high-energy fitness class combining aerobics moves with athletic strength, burning up to 730 calories a class!

**BODYCOMBAT** is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines.  
**BODYBALANCE** is a Yoga, Tai Chi and Pilate's workout that builds flexibility and strength, leaving you feeling centred and calm.

**EARLY BIRDS** is a mixture of circuits, boxing, sprints and high energy workouts to start your day off right!

**AQUA AEROBICS** is mixture of exercises completed in water. This is a great non weight bearing workout for a range of abilities.

Classes can be booked via the booking App or attendees may turn up at the specified time and will be permitted entry subject to availability.

Please arrive in good time to start the class promptly. Any late comers will not be permitted entry once the class has started. Please advise the instructor of any illnesses, injuries or pregnancy prior to commencing the class. The instructor reserves the right to refuse entry to the class based on medical conditions. Please seek your GP's advice prior to exercise if you have concerns. Classes and instructors are subject to change.



**Feel it all.**

Aylsham Sports Hub Are Offering **EXCITING NEW FITNESS CLASSES** Led By Fully Qualified, Professional And Friendly Instructors With Top Of The Range Equipment.

ALL Classes Are Suitable For All Fitness Levels.  
Come Along And Give It A Go!

**CLASSES SUITABLE FOR 14+**

(Timetable overleaf)

**£5 per class or buy a 4 week unlimited pass**

**for just £35!**

**CONTACT US TO BOOK OR BOOK ONLINE VIA AYLSHAM HIGH SCHOOL WEBSITE!**

**01263 738966**

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**Aylsham Sports Hub**