

Club Active May-June Programme

Tuesday 2.00-2.45pm

With Poppy

2 nd May	Abs/Stretch
9 th May	Power Walk
16 th May	Fitness Yoga
23 rd May	Studio Mix
30 th May	No class
6 th June	Circuits
13 th June	Fitness Yoga
20 th June	Group Cycle
27 th June	TBW

Thursday 1.45-2.30pm

With Haley

4 th May	TBW
11 th May	Aqua
18 th May	Fitness Pilates
25 th May	Power Walk
1 st June	No class
8 th June	Group Cycle
15 th June	Power Walk
22 nd June	Aqua
29 th June	Gym session

Club active is a class on the timetable for men and women, the session offers a variety of classes and activities for our more mature members and those new to exercise.

Please come along any week and join in the fun sessions planned by
Poppy and Haley

