



# Sherborne Sports Centre

## 01935 810548

### Fitness Classes Timetable February 2012

	Aerobiking**	Other Fitness Classes
<b>Monday</b>	07:00 – 07:45	09:25 – 10:25 Stretch 'n Flex
	18:00 – 18:45	11:00 – 12:00 Body Conditioning
		12:15 – 13:15 ZUMBA*
		18:00 – 19:00 Step Class
		18:00 – 19:00 Circuits
<b>Tuesday</b>	18:00 – 18:45	19:00 – 20:00 Legs, Bums & Tums
		10:00 – 10:45 ZUMBA Gold*
		11:00 – 12:00 ZUMBA Gold*
		12:30 – 13:00 ABS-olute Fitness
		15:00 – 16:00 Pilates ( <i>in the Scout Hut</i> )
		18:00 – 19:00 Pilates
		18:45 – 20:00 Running Club (x12 weeks starts 10 Jan)
		19:00 – 20:00 Pump & Tone
<b>Wednesday</b>	11:00 – 11:45	20:00 – 21:00 Kick Boxercise
		08:30 – 09:30 Aerobox (x12 weeks starts 11 Jan)
		09:30 – 10:30 Pilates
		18:00 – 19:00 Boxercise
<b>Thursday</b>	07:45 – 08:30	19:15 – 19:45 ABS-olute Fitness
	11:00 – 11:45	09:30 – 10:30 Pilates
		10:30 – 11:30 Pilates
		18:00 – 19:00 Pilates
		20:00 – 21:00 ZUMBA*
<b>Friday</b>	N/A	18:00 – 19:00 Stretch 'n Flex
<b>Saturday</b>	12:00 – 12:45	N/A
<b>Sunday</b>	N/A	09:30 – 10:30 Boxercise



\*\* FREE to Plat Plus or £5/class

\*Zumba class payment is paid directly to the Zumba instructor and this class is not part of any sports centre membership package. Zumba Gold needs to be pre-booked with Debbie Knight the instructor.

Note: All activities may be subject to change for School use at any time. The Leisure Company has the right to change or discontinue classes at any time by giving two weeks prior notice. All classes are on a first come first served basis, with a maximum of 16 in any one class (12 for Aerobiking).

## Swimming Pool and Classes Timetable February 2012

	Public Swims	AquaFit	GP Referral
<b>Monday</b>	07:00 – 10:00	10:00 – 10:30	Gym 12:00 – 13:00
	12:00 – 13:00		Swim 13:00 – 13:30
	20:00 – 21:00		
<b>Tuesday</b>	08:00 – 09:00	07:00 – 08:00	Gym 19:00 – 20:00
	11:30 – 12:30		Swim 20:00 – 20:30
	18:30 – 19:00		
	20:00 – 21:00		
<b>Wednesday</b>	07:00 – 10:00	10:00 – 10:30	Gym 10:00 – 11:00
	12:00 – 13:30	Senior Aqua	
	19:00 – 21:00		Swim 11:00 – 11:30
<b>Thursday</b>	07:00 – 10:00	10:30 – 11:00	Gym 12:00 – 13:00
	12:00 – 12:30		Swim 13:00 – 13:30
	20:00 – 21:00		
<b>Friday</b>	07:00 – 08:30	N/A	N/A
	12:00 – 13:00		
	18:30 – 19:00		
<b>Saturday</b>	11:00 – 12:00	N/A	Gym 13:00 – 14:00
	14:00 – 16:00		Swim 14:00 – 14:30 (with public swim)
<b>Sunday</b>	12:00 – 13:00 (Fun swim)	N/A	N/A
	13:00 – 14:00		



### PLEASE NOTE THE FOLLOWING AMENDMENTS

- 1) SUNDAY 19<sup>th</sup> FEBRUARY 2012- THERE WILL BE NO FUN SESSION OR PUBLIC SWM DUE TO THE LIONS CLUB ANNUAL SWIMATHON.
- 2) WEDNESDAY 22<sup>nd</sup> FEBRUARY 2012- PUBLIC SWM SESSION 19:00-20:30 ONLY

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