



Seahaven Swim and Fitness Centre

Group Exercise Timetable

Starting Monday 4th October 2021



Monday			
Time	Focus	Class	Instructor
Morning Sessions			
11:15 - 12:10		Aqua Fit +	Gail

Tuesday			
Time	Focus	Class	Instructor
Morning Sessions			
10:00 – 11:00		*Active Age - Gym	Hannah

Friday			
Time	Focus	Class	Instructor
Afternoon Sessions			
12:30 - 13:25		Aqua Fit +	Gail

Focus Symbol

- Cardio
- Strength and Core
- Dance
- Water Based
- Holistic
- HIIT (High Intensity Interval Training)

For full class descriptions visit www.waveleisure.co.uk

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above.

**These classes are designed for older adults

*Ideal for those who cannot stand for long periods or have limited mobility

The class session includes any time taken to set-up and take-down equipment necessary for the activity.

If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing.

Please note timetable subject to change