



# Seahaven Swim & Fitness Centre

## Group Exercise Timetable

Starting Monday 25<sup>th</sup> April 2022



Monday			
Start Time	Class Length	Focus	Class
Morning Sessions			
11:15	55		Aqua Fit +

Tuesday			
Start Time	Class Length	Focus	Class
Morning Sessions			
10:00	45		Active Age – Gym**

Friday			
Start Time	Class Length	Focus	Class
Morning Sessions			
12:30	55		Aqua Fit +

- Strength & Core
- Cardio
- HIIT
- Holistic
- Dance
- Water Based
- Specialty

For full class descriptions visit [www.waveleisure.co.uk](http://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.