



EXERCISE CLASS PROGRAMME

JANUARY 2012 – JUNE 2012

Day	Activity	Time	Location
Monday	Staff Football	12.00pm – 1.00pm	Gallowgate Gym Hall
	Body Conditioning	5.15pm – 6.15pm	Gallowgate Gym Hall
Tuesday	Zumba™	5.15pm – 6.15pm	Gallowgate Gym Hall
Wednesday	Staff Football	12.00pm – 1.00pm	Gallowgate Gym Hall
	Body Blast	5.15pm – 6.15pm	Gallowgate Gym Hall
Thursday	Step	5.15pm – 6.15pm	Gallowgate Gym Hall
Friday	Zumba™	12.30pm – 1.00pm	Gallowgate Gym Hall

ADMITTANCE FREE to all exercise classes, suitable for all fitness levels with fully qualified instructors!

BODY CONDITIONING

An aerobic warm up followed by conditioning exercised for the whole body, designed to work all major muscle groups and target those key areas.

ZUMBA™

Party yourself into shape with Zumba - the Latin inspired, easy to follow, calorie burning dance fitness party. Feel the music and let loose!

BODY BLAST

Set to energising music, Body Blast is a group strength training workout utilising plates and bars that's designed to shape and tone your body.

STEP

A cardiovascular workout combining low, high and mixed impact moves on a step platform. A calorie burning workout concentrating on the lower body.

PLEASE NOTE :

1. The classes at the time stated cannot be guaranteed and we reserve the right to change and cancel sessions at short notice due to staff availability or timetabling priorities.
2. During College holidays - October, Easter & Summer opening hours will be adjusted. The Fitness facilities are closed over Christmas.