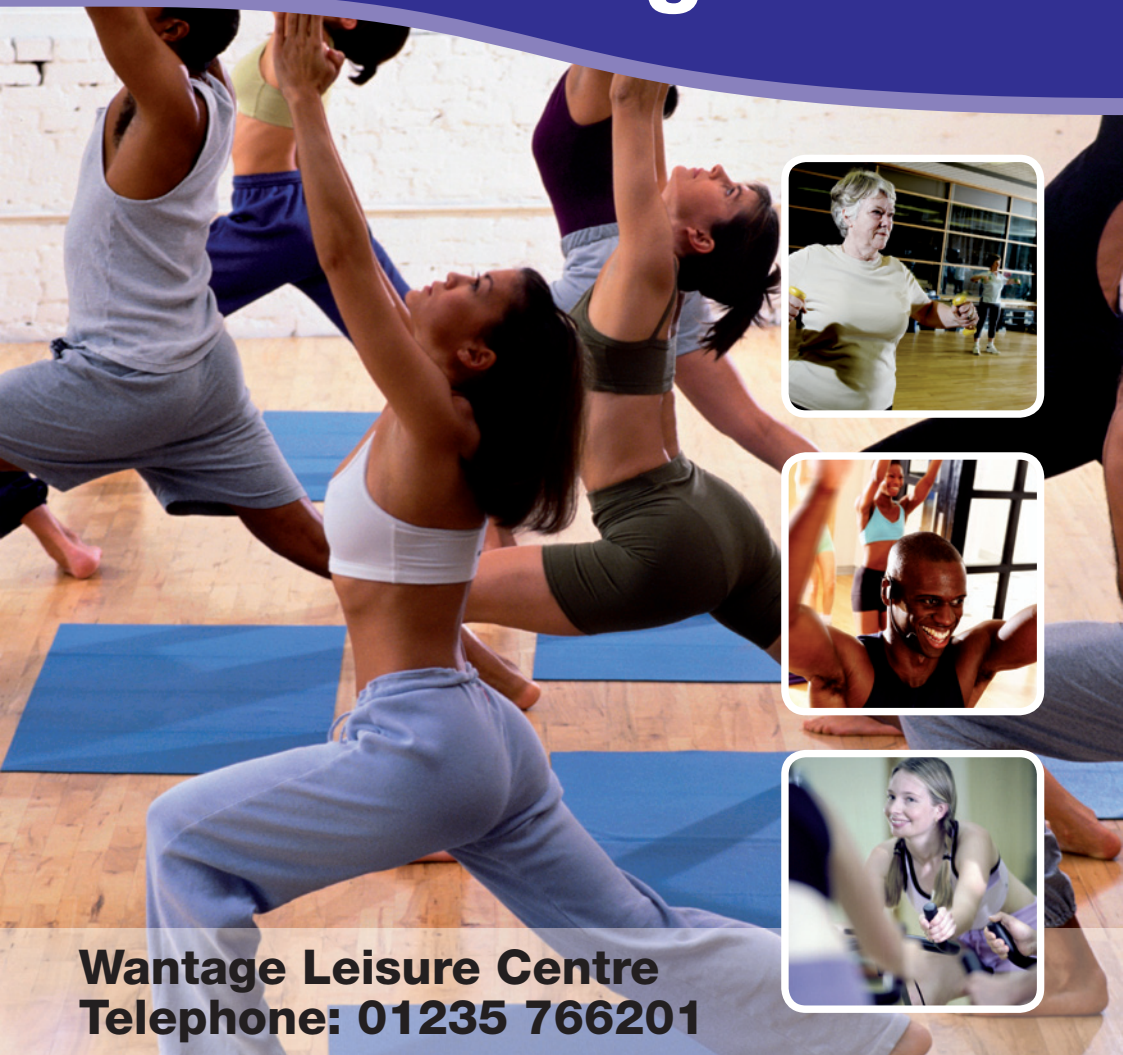


Group Exercise Programme



Wantage Leisure Centre
Telephone: 01235 766201

www.soll-leisure.co.uk

Group Exercise Program

	Monday	Tuesday	Wednesday	Thursday
09.00-12.00		09.45-10.30 L.B.T/SB*	10.00-10.45 Kickboxing Circuit/SB*	09.30-11.00
		10:00-11:00 Zumba Gold/ST2*	11:00-12:00 BODYBALANCE/SB*	10:00-10:45
		11.15-12.00 Studio Cycling/ST2*		11:00-12:00
12.00-17.00	12.00-13.00 Yoga/SB	16.00-17.00 Teen SOLLutions/G	16.00-17.00 Teen SOLLutions/G	13:30-14:15
	16.00-17.00 Teen SOLLutions/G			16.00-17.00
17.00-22.00	18.15-19.00 Zumba/ST1	18.15-19.00 Dance Fit/ST1	18.15-19.00 L.B.T/ST2	19.00-19.45
	18.30-19.15 Circuits/SH	18.30-19.00 Beginner Studio Cycling/ST2	19.45-20.45 BODYPUMP™/ST1	20.00-21.00
	19.10-20.10 BODYPUMP™/ST1	19.00-20.00 BODYCOMBAT™/ST1	19:45-20:30 Aqua Zumba/P	
	19.30-20.15 Studio Cycling/ST2	19.05-19.50 Studio Cycling/ST2		
	20.15-21.15 Zumba/ST1	20.00-21.00 Zumba/ST1		

What's New at Wantage Leisure Centre?

Group Exercise Multi Buy 12 Group exercise classes for the price of 10

Are you aged between 11 - 15? Then why not come along and try out our new Teen SOLLutions sessions? See the back page for more info!

www.soll-leisure.co.uk



Thursday	Friday		Saturday		Sunday	
Yoga/SB*	11.00-11.45	Studio Cycling/ST2*	10.00-11.00	Zumba/ST1		
Stability Ball/ST2*	11:00-12:00	BODYBALANCE/SB*				
Zumba Gold/ST2*						
Aqua Zumba/P	16.00-17.00	Teen SOLLutions/G	15.00-16.00	Teen SOLLutions/G		
Teen SOLLutions/G			16.00-17.00	Teen SOLLutions/G		
Studio Cycling/ST2	19.00-20.00	BODYCOMBAT™/ST1				
Dance Aerobic/ST1						

Key:

	Dance
	Toning & Strength
	Un-wind & Re-energise
	High Energy
	Kids Activities
	Pool

G -	Gym
SH -	Sports Hall
ST1 -	Studio 1
ST2 -	Studio 2
SB -	Sports Bar
C -	Course (Please ask at reception for more information!)
P -	Pool
* -	Crèche

Bookings & Cancellations

- Members can book up to 10 days in advance
- Non-members can book 7 days in advance with payment required at the time of booking
- When booking classes, all members must produce their membership cards.
- No shows - members and non members must give 24 hours notice to cancel a class. If notice is not given the non-member will lose the booking fee and members will incur a cancellation/no show charge
- All class participants need to hand their receipt to the class instructor before the start of the class



Inspiring people to...
feel great!

Class Descriptions

TONING & STRENGTH

BODYPUMP™ - An amazing toning and strength class- get super fast results here, with fantastic music and motivating instructors. Book on today and BE SOME BODY !

CIRCUITS - Work at your own intensity at different stations especially designed to be a fun but effective full body workout !

L.B.T - LEGS BUMS AND TUMS – Does what it says on the can – blast those problem areas with effective toning exercises interlaced with simple aerobics.... Lets get BOOTLICIOUS !

STABILITY BALL - Toning class focusing on the Abs, Lower back, and legs. This is a low intensity class that is suitable for all levels.

UNWIND - RE-ENERGISE

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance

HIGH ENERGY

STUDIO CYCLING - The ultimate indoor ride in our brand new air conditioned studio , with motivational music, inspirational instructors and the wind behind you who knows where this class will take you !

KICK BOXING CIRCUITS - A full body workout using boxing techniques, skipping and resistance work at different stations.

BODYCOMBAT™ - Punch, kick and kata your way to a brand new fitness level. A fun, energetic class to unleash the warrior in you!

DANCE

DANCE FIT - Dance your way to fabulous without even realising the calories burning away while you build simple fun routines..... Come along and shake that touché!

ZUMBA - The Latin inspired, easy to follow, calorie burning dance craze !

DANCE AEROBICS- 30 minutes of dance style Aerobics followed by 30 minutes of core and toning exercises. Feel the burn!!

AQUA ZUMBA - A fun safe challenging water based workout that combines cardio-conditioning, body toning. Come join the party!

KIDS ACTIVITIES

TEEN SOLLutions - Junior gym session specifically for ages 11-15 years. Fun workouts using our fantastic cardio equipment, drop them off and leave them in our capable hands while you chill in town with a coffee and a paper..... bliss.

CRÈCHE TIMES

MONDAY 9:30-12:30

TUESDAY 9:30-12:30

WEDNESDAY 9:30-12:30

THURSDAY 9:30-12:30

FRIDAY 9:30-12:30

www.soll-leisure.co.uk