






PETERBOROUGH EXERCISE CLASSES

Monday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Senior Circuit	All	Mel	Studio 2	 
11:00 – 12:00	Senior Stretch & Relaxation	All	Mel	Studio 2	
18:00 – 18:30	Ab Blast	All	Samia	Studio 1/2	 
18:45 – 19:45	Zumba	All	Samia	Studio 2	
18:30 – 19:30	Yoga	All	Jo	Studio 3	

Tuesday	Class	Level	Instructor	Room	Key
09:45 – 10:40	Pilates	Int	Christie	Studio 3	
17:30 – 18:30	Body Pump	All	Samia	Studio 2	
18:45 – 19:45	Zumba	All	Samia	Studio 1/2	


Wednesday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba Ladies	Beg	Samia	Studio 2	
11:15 – 12:15	Chair Based Exercise	All	Samia	Studio 2	
17:00 – 18:00	Children fitness Boxing*	All	Dickie	Studio 1/2	
18:15 – 19:15	Cardio Fit	Int	Dickie		


Thursday	Class	Level	Instructor	Room	Key
09:45 – 10:40	Pilates	Int	Christies	Studio 3	
11:00 – 12:00	Senior fitness Circuit	All	Dickie	Studio 2	 
17:15 – 18:15	Legs, Bums, Tums	All	Mel	Studio 2	
18:30 – 19:30	Yoga	All	Jo	Studio 3	


Friday	Class	Level	Instructor	Room	Key
10:00 – 11:00	Zumba	All	Samia	Studio 2	
11:15 – 12:15	Fit circuits	All	Samia	Studio 2	
18:00 – 19:00	Thai Fit	All	Richard	Studio 2/3	

* This class is a pay as you go class and is not part of monthly membership

KEY

 **Energise & Burn**
High energy classes burn calories and improve fitness

 **Strengthen & Condition**
Strengthen and tone your muscles while burning calories

 **Mind & Body**
Physical relaxation and mental invigoration promoting good posture

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