

# Fitness Classes

(Classes start from 12<sup>th</sup> November)

## Tuesday

|           |               |  |             |
|-----------|---------------|--|-------------|
| 1800-1850 | HIIT the Deck | A rigorous interval training sequence with high-intensity exercises. | Paul Risdon |
|-----------|---------------|--|-------------|

## Wednesday

|           |       |  |              |
|-----------|-------|--|--------------|
| 1900-1950 | Zumba | Interval-style dance fitness party that combines low-intensity and high-intensity moves. | Sandra Radav |
|-----------|-------|--|--------------|


## Thursday

|           |                         |  |             |
|-----------|-------------------------|--|-------------|
| 1230-1315 | Lunch Crunch Core Class | Enjoy a quick class focused on strengthening the core.               | Paul Risdon |
| 1930-2020 | HIIT the Deck           | A rigorous interval training sequence with high-intensity exercises. | Paul Risdon |

## Saturday

|           |                   |   |              |
|-----------|-------------------|---|--------------|
| 0900-0950 | Full Body Workout | All areas of the body will be targeted using weights and body weight exercises to give that all over body work out. | Sandra Radav |
| 1000-1050 | Zumba             | Interval-style dance fitness party that combines low-intensity and high-intensity moves.                            | Sandra Radav |

## Price and how to book

|                                   |  |   |
|-----------------------------------|--|---|
| £6.00 non-members / £4.50 members | Book <a href="#">online &gt;&gt;&gt;</a> or download our app |  |
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