LEISURESK

Grantham Meres Leisure Centre

Classes

Monday	Class Name	Class Type	Instructor
14:00-14:45	Aquafit		Matt
17:45-18:30	Legs, Bums and Tums		Sue
18:45-19:30	Indoor Cycling		Sue

Tuesday	Class Name	Class Type	Instructor
14:00-14:45	Aquafit		Matt
19:15-20:00	Indoor Cycling		Sue

Wednesday	Class Name	Class Type	Instructor
19:00-20:00	Yoga		Nancy

Thursday	Class Name	Class Type	Instructor
17:45-18:30	Kettlebells		Matt
18:30-19:15	Indoor Cycling		Sue
19:30-20:00	HIIT		Sue

Friday	Class Name	Class Type	Instructor

Saturday	Class Name	Class Type	Instructor
09:00-09:45	Yoga		Nancy
10:00-10:45	Yoga		Nancy

Sunday	Class Name	Class Type	Instructor

■ Energy/Power = A cardiovascular workout to improve your heart and lung capacity whilst increasing your stamina.

■ Strength and conditioning = A full body strength, condition, and tone

■ Flow = A mind and body workout focusing on your flexibility, core strength and overall body posture. Great if you are returning to exercise or undertaking rehabilitation works.

■ Water = A refreshing workout undertaken in water releasing the pressure on your joints, whilst providing a fun cardiovascular workout.

For more information about group exercise classes at LeisureSK
www.leisuresk.co.uk

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