

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 14/09/2024

Times for Monday 9 September



| Time | Session | Facility | Instructor |
|---------------|---------------------|-------------------------|------------|
| 09:15 - 10:15 | Pilates | Fitness Class Studio | Julie |
| 10:30 - 11:15 | Dancefit | Y:Active Fitness Studio | Julie |
| 11:30 - 12:15 | Gentle Exercise | Y:Active Fitness Studio | Julie |
| 12:30 - 13:15 | Low Impact Circuits | Y:Active Fitness Studio | Julie |
| 18:00 - 18:45 | Pilates | Fitness Class Studio | Dawn D |
| 18:50 - 19:35 | Aqua Aerobics | Swimming Pool | Dawn D |
| 19:15 - 20:00 | Bootcamp (New) | Fitness Class Studio | Leigh |