

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



| Time          | Session                  | Facility    | Instructor |
|---------------|--------------------------|-------------|------------|
| 06:30 - 07:15 | Circuits                 | Sports Hall | Keith      |
| 09:05 - 09:50 | Aqua Aerobics *          | Main Pool   | Julie      |
| 09:15 - 10:00 | Spinning                 | Sports Hall | Lindsey    |
| 10:15 - 11:00 | Synrgy Strength          | Sports Hall | Dawn       |
| 11:00 - 11:45 | Low Impact Circuit Class | Sports Hall | Instructor |
| 18:15 - 19:00 | Pilates                  | Sports Hall | Dawn       |