

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 03/09/2024

### Times for Monday 2 September



| Time          | Session                  | Facility      | Instructor |
|---------------|--------------------------|---------------|------------|
| 09:05 - 09:50 | Aqua Aerobics *          | Main Pool     | Dawn       |
| 09:15 - 10:00 | Full Body Conditioning   | Sports Hall   | Lindsey    |
| 10:15 - 11:00 | Low Impact Circuit Class | Sports Hall   | Rachel     |
| 10:15 - 11:00 | Spinning (12yrs +)       | Spinning Room | Dawn       |
| 17:45 - 18:30 | Spinning                 | Spinning Room | Simon H    |