

Classes at Cedar Court Huddersfield/Halifax Health Club

Class Tariff

Free	Anytime Members
£2.00	Off Peak Members & Senior Members
£4.00	Hotel Guests
£4.00	Non Members

Classes

Aqua Aerobics

A lively fun class providing aerobics & toning exercise in the comfort of water, which is extremely beneficial for arthritic conditions. Open to all levels and abilities, non-swimmers are also welcome to join.

Monday 8:00pm – 8:40pm
Thursdays 11:15am – 12:00am

Zumba

Zumba dancing is best described as fun, joyful Latin inspired fitness class that combines all the rhymes in Latin music. Zumba applies dance moves from salsa, rumba, flamenco, and tango.

You will have tons of fun.

Monday 6:30pm – 7:30pm

Yoga

Designed to improve the health, performance and mental acuity of the beginner and expert alike.

Wednesday 9:30am – 10:30am

All the classes that we offer are free for our anytime members, for all of our members on other membership tariffs the charge is £2.00 per class.

Classes are booked at the health club reception or by calling the health club team on 01422 310 004.

Classes can be booked up to 7 days in advance

 /healthclubcedarcourt



For more information call 01422 310 004
www.cedarcourthotels.co.uk/health-clubs