

Classes at Cedar Court Wakefield Health Club

Class Tariff

FREE	Anytime Members
£4.00	Off Peak Members
FREE	Hotel Guests
£5.00	Non Members

Classes

	Monday	Tuesday	Wednesday	Friday
9:30am - 12.00pm				Swim Babes
12.00pm - 2.30pm			Swim Babes	
6.00pm - 7.00pm	Leg, Bums and Tums		Boxercise	
7.00pm - 8.00pm			Zumba	
7.00pm - 7.45pm		Aqua Aerobics		

Legs, Bums & Tums

This ever popular class is designed to tone up and shape the muscles of the bottom, abdominal and thigh area. A variety of standing and floor-based exercises make this class both enjoyable and effective. This class is suitable for all levels and abilities.

Boxercise

Fun, Lively and effective fitness class using pads, gloves and exercises used for boxing, this class is Boxercise is for everyone all shapes and sizes, men and women as long as you have the goal of getting fit and expressing yourself.

Aqua Aerobics

A lively and fun class based in the pool. Aerobic type workout to music using the water as a resistance. Helps tone muscle and increase cardiovascular stamina. The ability to swim is not essential.

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.

Swim Babes

A class designed to introduce babies to water from an early age 6 weeks-12 months. Discover for yourself the fun and benefit this class has to offer.

For more information and prices telephone
01484 683570 or **www.swimbabieslessons.co.uk**

Starting from 14/05/18



For more information call 01924 270766
www.cedarcourthotels.co.uk/health-clubs