

# Classes at Cedar Court Bradford 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.

**Tuesday 12.00pm - 12.45pm**

**Friday 12.00pm - 12.45pm**

### Pilates

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. All exercises are done on a mat. This class has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes.

**Wednesday 10.45am – 11.45am**

### 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.

**Tuesday 7.15pm - 8.15pm**

**Friday 10.45pm - 11.45pm**

### Yoga

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

**Monday 10.00am - 11.30am**

**Tuesday 7.15pm - 20.15pm**

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 01274 406 604.

**Classes can be booked up to 7 days in advance.**



For more information call 01274 406 604  
[www.cedarcourthotels.co.uk/health-clubs](http://www.cedarcourthotels.co.uk/health-clubs)