

Classes at Cedar Court Wakefield Health Club

Class Tariff

Free	Anytime Members
£4.00	Off Peak Members
£4.00	Hotel Guests
£40.00	10 Classes Non Members
£5.00	Non Members

Classes

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.

Tuesday 7.00pm - 7.45pm

Circuits

A balanced class working all the major muscle groups incorporating a mixture of strength training and cardio exercises alongside flexibility and mobility work. Suitable for all fitness levels

Thursday 6.00pm - 7.00pm

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.

Monday 6.00pm - 7.00pm

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.

Wednesday 7.00pm - 8.00pm

Pilates

This is a mind-body conditioning exercise programme, you have to concentrate on using the right muscles and body segments to move your body correctly. It combines awareness of the deep postural and spinal muscles, with breathing, to increase overall central core stability and posture. It is a unique exercise method, which focuses on the correct movement quality, not quantity.

Thursday 7.00pm - 8.00pm

Boxercise

An exercise class based on the training concepts boxers use to keep fit. There is a variety of different exercises including punching pads and cardio exercises.

Wednesday 6.00pm - 7.00pm

Swim Babies

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.

Wednesday 12.00pm - 2.30pm

Friday 9.30am - 12.00pm

For more information and prices telephone

01484 683570 or **www.swimbabieslessons.co.uk**

Starting from 26/09/16

