

Classes at Cedar Court Wakefield Health Club

Class Tariff

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

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

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.

Wednesday 6.00pm - 7.00pm

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

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

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.

Wednesday 12.00pm - 2.30pm

Friday 9.30am - 12.00pm

Sundays 11.30am - 2.00pm

Yoga

A traditional hatha yoga class that is a great workout for the body and mind. A challenging but fun class, you'll work on improving your stamina, strength, posture and flexibility. Classes end with relaxation and meditation, letting you unwind and de-stress. Classes are suitable for all, including complete beginners.

Thursdays 6.00pm - 7.00pm

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

Starting from 15/08/18



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