

Classes at Cedar Court Wakefield Health Club

Class Tariff

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

Classes

	Tuesday	Wednesday	Friday
9:30am - 12.00pm			Swim Babes
12.00pm - 2.30pm		Swim Babes	
7:00pm - 8:00pm		Zumba	
7:00pm - 7:45pm	Aqua Aerobics		

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 09/04/18



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