























Scissett Baths

Activity Timetable Session Descriptions

	<p>AEROBICS/STEP - Set to music this range of classes will work your heart and lungs and are designed to improve overall body tone, stamina and co-ordination. Aerodance classes incorporate aerobic and dance moves offering an energetic and fun workout.</p>
	<p>AQUA - These fun, effective and energising classes consist of aerobic movements in the pool at chest level depth. Suitable for all levels these classes will gently improve fitness levels. Deep Water classes take place in deeper water with the use of buoyancy aids.</p>
	<p>CIRCUITS - A dynamic workout which combines cardiovascular fitness with muscle strength and endurance exercises. Working at different stations, you can work at your own level.</p>
	<p>LOW IMPACT - These classes are designed to help prevent the effects of ageing on our bodies and will gently increase fitness, co-ordination, muscle tone and flexibility. Working at your own level, these classes are open to everyone but are ideal for mature groups and PALS referrals.</p>
	<p>SPECIALIST - Our specialist activities range from ballroom dancing, martial arts, salsa dancing to volleyball. For further information and details about specialist activities please ask at reception.</p>
	<p>TONING - These classes will work on strength, tone and flexibility. You will also improve your posture, core stability and self confidence. Please note that some of these classes will focus on specific core areas, please ask your instructor.</p>
	<p>STUDIO CYCLING - Using stationary indoor bikes, the instructor-led cycle sessions seek to combine cardiovascular fitness with muscle strength and endurance exercises.</p>
	<p>RELAXATION - This group of classes helps engage the mind and body. Working to develop flexibility you will also improve your posture, core stability and self confidence.</p>
	<p>SITARA - These sessions are aimed at ladies only and during our Sitara sessions no males are present within the facility/activity area depending on session.</p>
	<p>BODYPUMP - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls all to a range of energetic music.</p>

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Activity Timetable August 2010

	MORNING			AFTERNOON				EVENING			
Monday		10.15-11.00 Aqua Med 	11.15-12.00 Flex & Stretch 		13.30-14.15 AquaFit 				18.30-19.30 Beginners jogging group 		
Tuesday			11.15-12.00 Circuit Class 							20.15-21.00 AquaFit 	
Wednesday		10.00-10.45 AquaFit Plus 	10.45-11.30 AquaFit 								
Thursday					14.30-15.15 Circuit Class 					20.15-21.00 AquaFit 	
Friday				13.00-14.00 Beginners jogging group 	14.15-15.00 AquaFit 			18.30-19.30 Beginners jogging group (Ladies) 