

activitytimetable

	MORNING				AFTERNOON				EVENING				
Monday										18.00-18.45 Body Conditioning	18.45-19.30 Yoga		
Tuesday	10.15-11.15 Pilates for Pre & Post Natal				12.30-13.30 PALS Dancing				17.45-18.30 Body Tone	18.30-19.30 Aerobics	19.30-20.15 Boxercise		
Wednesday						14.00-15.00 PALS Health Heart Circuits				19.00-20.00 Aero Dance	19.00-19.45 Boxercise		
Thursday													20.30-21.30 Fit Ball
Friday					12.15-13.00 Pilates				17.15-18.00 Pilates				
Saturday	10.15-11.00 Aero Step				12.00-12.45 Pilates								
Sunday													

AEROBICS / STEP

AQUA

CIRCUIT

LOW IMPACT

SPECIALIST

CYCLING

TONING

RELAXATION

Off Peak Membership: Monday to Friday 09.00 to 16.00, Saturday and Sunday anytime.

Peak Membership: Monday to Sunday anytime.

Classes are open to pay and play customers and 'more' members.

For further information please call **01924 326181** or visit www.batleysports.co.uk

activitydescriptions

AEROBIC/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.

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.

SPECIALIST – These sessions cater for customers with specific requirements such as Teens, children and GP referrals. Please contact the centre for more information.

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.

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.

usefulinformation

TERMS AND CONDITIONS

1. The warm up is an important part of the class and helps to prevent injuries so please ensure you arrive on time to complete it.
2. Class entry will be refused five minutes after the class start time.
3. Please inform the instructor prior to the start of the class if you have an injury, illness or anything that may affect your ability to participate in exercise.
4. Participants must be 16 years and over (excluding junior sessions)
5. Where considered necessary KAL reserve the right to amend or cancel class times, teachers, or courses without prior notice.
6. Correct footwear (trainers) and appropriate clothing must be worn.
7. Courses must be block booked and payments must be made in full at the time of booking.
8. Please note that courses are not part of the membership and should be booked and paid for separately.

CLASS ETIQUETTE

- To prevent dehydration we recommend that you bring water with you.
- A light snack is recommended prior to a class.
- Please let the instructor know if it is your first class.
- Please do not leave a class before completing a thorough cool down.
- If you like our classes tell everybody, if you do not, tell us!
- Most of all have fun!



activityprogramme
batleysports
and tennis centre

The Activity Timetable is a range of health and fitness classes which have been created to suit everybody regardless of age, gender or fitness level. All the classes on our timetable are suitable to any level unless specified.

If you have any queries regarding your personal fitness ability please speak with our Fitness Instructors who are available before the class begins. If you have any health concerns, please consult your GP before attending any of our activities.

Batley Sports and Tennis Centre
Windmill Lane, Howden Clough, Batley
WF17 0QD
Tel: 01924 326181
Email: batleysports+tc@kirklees.gov.uk
Web: www.batleysports.co.uk

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more people more active more often