

# Pinewood Park Activity Timetable

Monday	9.30am	<a href="#">Power Walking</a>	M £3.00 - N/M £6.00**	Sarah	All Welcome
	9.30am	Zumba	£5.00	Caroline Jefford	All Welcome
	6.30pm	<a href="#">Circuit Training</a>	M £3.00 - N/M £6.00	Carl	Phone for Availability
Tuesday	9.30am	<a href="#">Aquarobics</a>	M FOC - N/M £5.40	Sarah	All Welcome
	7.00pm	<a href="#">Boxercise</a>	M £3.00 - N/M £6.00	Tracey	All Welcome
Wednesday					
Thursday	9.30am	<a href="#">Aquarobics</a>	M FOC - N/M £5.40	Sarah	All Welcome
	5.30pm	Zumba	£5.00	Caroline Jefford	All Welcome
	7.00pm	Zumba	£5.00	Caroline Jefford	All Welcome
Friday	9.30am	<a href="#">Nordic Walking</a>	M £3.00/ N/M £6.00 **	Tracey	All Welcome
Saturday	9.30am	<a href="#">Aquarobics</a>	M FOC - N/M £5.40	Sarah	All Welcome
Sunday	8.00am	<a href="#">Bike Club</a>	M £10.00 N/M £15.00	Steve/Paul	Including Bike Storage

## Timetable Notes

\*\* 10 sessions of Power/Nordic walking can be purchased at the discounted rate: Mem £27.00 - Non Men £54.00

\*\*\*1 to 1 Personal Training available 7 days a week - Steve/Carl/Tracey

\*\*\*1 to 1 Swimming Lessons available 7 days a week - Steve/Philip/Tash/Anthony/Mia

\*\*\* Shared personal training sessions and shared swimming lessons are available. Prices on application

Please call (01263) 821208 for more details or to speak to an instructor

Telephone 01263 821208

[info@pinewoodparkleisure.co.uk](mailto:info@pinewoodparkleisure.co.uk)

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