

Pinewood Park Activity Timetable

Monday	9.30am	Taster Session*	Free of Charge	Various	See Below
	11.00am	Aqua Therapy****	M £3.00 - N/M £6.00	Tonya	See Below**** /See Tonya
	6.30pm	Circuit Training	M £3.00 - N/M £6.00	Carl	Phone for Availability
Tuesday	9.30am	Aquarobics	M FOC - N/M £5.40	Tonya/Tash	All Welcome
	11.00am	Power Walking	M £3.00 - N/M £6.00**	Tonya	All Welcome
	6.30pm	Jabs	M £3.00 - N/M £6.00	James	All Welcome
Wednesday	9.30am	Deep Water Aqua	M £3.00 - N/M £6.00	Tonya	Phone for Availability
	11.00am	Jogging/Running	M £3.00 - N/M £6.00	Steve	All Welcome
Thursday	9.30am	Aquarobics	M FOC - N/M £5.40	Tonya/Tash	All Welcome
Friday	9.30am	Nordic Walking	M £3.00/ N/M £6.00 **	Tonya	All Welcome
	7.00pm	Deep Water Aqua	M £3.00 - N/M £6.00	Tonya	Phone for Availability
Saturday	9.30am	Aquarobics	M FOC - N/M £5.40	Tonya/Tash	All Welcome
Sunday	8.00am	Bike Club	M £10.00 N/M £15.00	Steve/Paul	Including Bike Storage

Timetable Notes

* Free of charge Taster Sessions may include one of the following- Power walking, Nordic walking, Circuit Training, Aqua, Running, JABS - Please ring for this weeks activity

** 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/James/Tonya

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

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

**** Aqua Therapy classes are for those who are more physically challenged

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

Massage, Treatments and Nutritional Advice available Tuesdays, Wednesdays, Thursdays and Fridays with James/Jacqui/Tonya - Phone to Book

Telephone 01263 821208

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