

Workout Timetable



Monday

7.00 - 7.45am	Studio Cycling
9.15 - 10.15am	Step and Conditioning
10.15 - 11.15am	Gentle Circuits
6.00 - 7.00pm	Legs, Bums and Tums
7.00 - 7.45pm	Aquafit
7.00 - 8.00pm	Circuit Training
8.00 - 9.00pm	Pilates
8.15 - 9.00pm	Aquafit

Tuesday

9.20 - 10.05 am	Studio Cycling
10.15 - 11.15am	50+ Aerobics
12.30 - 1.15pm	Aquafit
6.00 - 7.00pm	Studio Strength
7.00 - 7.45pm	Studio Cycling
7.45 - 8.30pm	Studio Cycling

Wednesday

9.15 - 10.15am	Fitball and Tone
10.15 - 11.15am	Pilates
6.00 - 6.45pm	Studio Cycling
7.00 - 7.45pm	Aquafit
7.00 - 8.00pm	Aerobics
8.00 - 8.45pm	Aquafit
8.00 - 9.00pm	Pilates



Thursday

9.20 - 10.20am	Studio Cycling
10.15 - 11.15am	50+ Aerobics
12.30 - 1.30pm	Cardiac Rehab
1.30 - 2.30pm	Beginners Pilates
8.00 - 8.45pm	Studio Cycling

Friday

7.00 - 7.45am	Studio Cycling
9.30 - 10.30am	Studio Strength
10.30 - 11.30am	Pilates
1pm - 1:45pm	Studio Cycling
3.00 - 3.45pm	50+ Aquafit
6.00 - 6.45pm	Studio Cycling

All classes £4.50*

*Pilates and Studio Cycling £6.00



For more
information or to
book please call:
01963 824 400

Wincanton
sports centre

Charity No. 1079882

Class

Descriptions



Aerobics

This class includes aerobics, step and conditioning to get that body into shape!

50+ Aerobics

An aerobics and step class without the impact but may use some free weights.

Cardiac Rehab

Similar to gentle circuits and open to everyone but primarily aimed at phase 4 cardiac rehab referrals.

Legs, Bums and Tums

Low impact, thigh busting, bum toning, tum firming exercises for everyone out there looking for that extra burn.

Circuit Training

A traditional circuit training class that allows you to work on cardiovascular fitness, strength and endurance training. A variety of equipment is used including dumbbells, dyna-bands and body bars.

Step and Conditioning

A basic step class for all levels incorporating legs, bums and tums. Fun for everyone.

Studio Cycling

An all level workout without the impact. Pedal your way to a fitter future, led by trainers who will inspire and motivate you to do better everytime.

Fitball and Tone

An effective class using the versatility of the fit ball to improve core stability and muscle tone in all areas of the body.

Studio Strength

A free-weight based class, excellent for a power workout.

Aquafit

A fun aerobic workout in the pool. Class participants exercise to music using the water as resistance. Suitable for all fitness levels and non swimmers. Booking essential.

Pilates

To improve body alignment and posture using the principles of co-ordination and relaxation. This discipline can help with some back conditions.

Gentle Circuits

A circuit based class for the mature client. This class combines aerobic and resistant exercises at a low level to improve strength, flexibility and cardio-vascular fitness.



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be part of it

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