

## Group Fitness Programme

Winter 2010

### Ashton Leisure Centre

Old Road, Ashton-in-Makerfield. WN4 9TP

Telephone: (01942) 720826

### Hindley Sports Centre

Mornington Road, Hindley. WN2 3QN

Telephone: (01942) 253142

### Howe Bridge Sports Centre

Eckersley Fold Lane, Atherton. M46 0PJ

Telephone: (01942) 870403

### Leigh Indoor Sports Centre

Sale Way, Leigh. WN7 4JY

Telephone: (01942) 487800

### Robin Park Sports & Tennis Centre

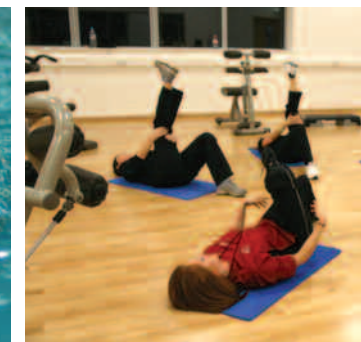
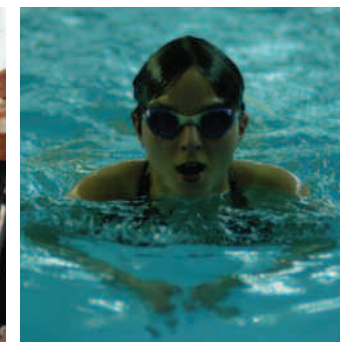
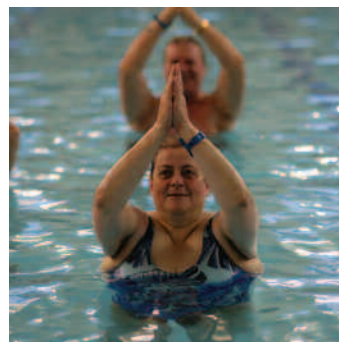
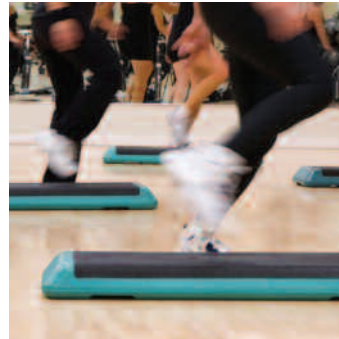
Loire Drive, Newtown, Wigan. WN5 0UL

Telephone: (01942) 828550

### Tyldesley Pool

Castle Street, Tyldesley. M29 8EG

Telephone: (01942) 882722



## Group Fitness Programme

Time	Activity	Area
<b>Monday</b> 3.00pm – 3.45pm 6.30pm – 7.30pm	Low Aqua Aerobics Swimfit	Pool Pool
<b>Tuesday</b> 11.00am – 12.00pm	Men Only Aqua Aerobics	Pool
<b>Wednesday</b> 9.00pm – 10.00pm	Swim Fit	Pool
<b>Thursday</b> 11.00am – 11.45pm	Low Aqua Aerobics	Pool
<b>Friday</b> 3.00pm – 3.45pm	Low Aqua Aerobics	Pool

### Class Descriptions

#### Men Only Aqua Aerobics

Fun based water alternative to studio aerobics. The water lowers the impact of the exercise whilst still providing an all over body workout. **£2.20**

#### Low Aqua Aerobics

A gentle exercise to music in the water, ideal for people with back / joint problems. This session takes place in the shallow end of the pool. **£2.20**

#### Swim Fit (lane swimming)

This session provides the opportunity for adults to swim lengths and is suitable for all fitness levels and abilities. This is now FREE as part of Free Swimming Initiative.

**All participants must be 16+.**

**Please ask at reception for concessionary rates.**

Active Life reserves the right to change or cancel classes at short notice if the need arises.

All information was correct at time of print. Timetable can be subject to change.

Booking classes is recommended to avoid disappointment, please book at reception.

For a large print copy please ask at reception.

### Complexity and Intensity Description

- An easy to follow low complexity, low impact class, ideal for beginners and those returning to exercise
- A class offering moderate levels of complexity and intensity to challenge the mind as well as the body. A class aimed at an Intermediate level.
- A class requiring higher levels of co-ordination. Challenging high intensity workout, combining high and low impact exercise.