

tyldesleypool

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Group Fitness Programme Summer 2010

Ashton Leisure Centre
Old Road, Ashton-in-Makerfield. WN4 9TP
Telephone: (01942) 720826

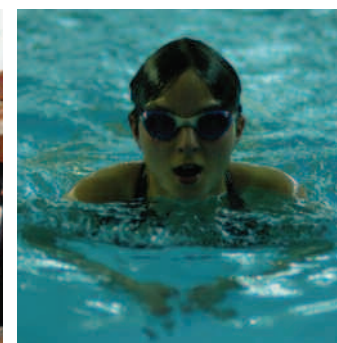
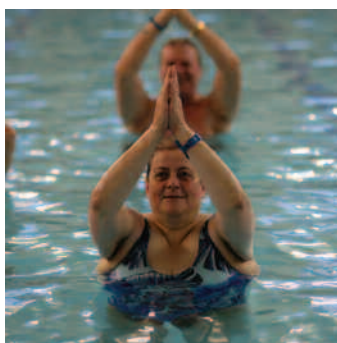
Hindley Sports Centre
Mornington Road, Hindley. WN2 3QN
Telephone: (01942) 253142

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



If you have any queries or suggestions about the group fitness programme please email activelife@wlct.org or alternatively complete a comment card.



Group Fitness Programme

Time	Activity	Area
Monday 3.00pm – 3.45pm 6.30pm – 7.30pm	Low Aqua Aerobics Swimfit	Pool Pool
Tuesday 11.00am – 12.00pm	Men Only Aqua Aerobics	Pool
Wednesday 9.00pm – 10.00pm	Swim Fit	Pool
Thursday 11.00am – 11.45pm	Low Aqua Aerobics	Pool
Friday 3.10pm – 3.55pm	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.