


TADCASTER LEISURE CENTRE PROGRAMME Autumn 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	* = only £2.65
AEROBICS 9.30 - 10.30am 1 2 3 C	S A C S/ CIRCUIT 9.30 - 10.30am 1 2 C	AEROBICS 9.15 -10.15am 1 2 3 C	LOW IMPACT AEROBICS 9.30-10.30am 1 2 C	AEROBICS 10 - 11am 123 C	1 BEGINNERS 2 INTERMEDIATE 3 ADVANCED
BODYTONE 10.35 - 11.35am 1 2 3 C	PILATES 10.35-11.35am C B	BODYTONE 10.20-11.20am 1 2 3 C	PILATES 10.35-11.35am C B		C = CRECHE B = BOOKING REQUIRED
ACTIVE LIFE 50+ 12.30-2pm BADMINTON SESSION	PILATES* 12.10-12.50pm 1 2 B	COREBALL * 12.10-12.50pm 1 2 3 B		PILATES 11am-12pm B C	PILATES A BRIEF INTRODUCTION IS REQUIRED BEFORE YOU CAN ATTEND REGULAR CLASSES
	GYMNASTICS 3.45-4.45pm (there is a waiting list for this session)		STEP, STRETCH AND TONE 12.10 -12.50pm 1 2 B	CIRCUITS * 12.10-12.50pm 1 2 3 B	BODYTONE TONING WORKOUT USING STEPS & WEIGHTS
	GYMNASTICS 4.45-5.45pm (there is a waiting list for this session)	PILATES 1.30-2.30pm B 1 2	JUNIOR GYM SESSION 12 to 16 years 4.15 - 5.15pm		SACS/CIRCUIT = STEP AEROBICS CONDITIONING & STRETCHING
	JUNIOR GYM SESSION 12 to 16years 4.15 - 5.15pm	GYMNASTICS 3.45-4.45pm (there is a waiting list for this session)	AEROTONE 6-7pm 1 2 B		PLEASE NOTE ANY ACTIVITIES BOOKED ALONG SIDE THESE SESSIONS MAY BE LIABLE TO DISTURBANCE
CIRCUITS 7-8pm 1 2 3	AEROTONE 6-7pm 1 2 B	GYMNASTICS 4.45-5.45pm (there is a waiting list for this session)	AEROBICS 7-8pm 2 3	ZUMBA 6-7pm 123	THIS PROGRAMME MAY BE SUBJECT TO CHANGE
TAE KWON DO 8-9pm Juniors (8 years upwards) 8-10pm Adults	AEROBICS 7-8pm 2 3	CIRCUITS 7-8pm 1 2 3	PILATES 8-9pm B	TAE KWON DO 7.30-8.30pm Juniors (8 years upwards) 7.30-9.30pm Adults	
		PILATES 8-9pm B			