

Skegness Group Exercise Programme

28th September - 4th October

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

Classes Instructor:

DANIEL

Monday
Core & Back Rehab (10am)

Tuesday
Stretch & Mobility (6pm)

Wednesday
Kettle & Core (6pm)

Friday
Core & Back Rehab (10am)

DAVID

Monday
Cycle (6pm)

Tuesday
Balancability (10am)

Friday
Cycle (6pm)

Saturday
Functional Fitness (10am)

DONNA

Monday
Aquacise* (2pm)

Tuesday
Aquacise* (7pm)

Thursday
Aquacise* (2.30pm)

Saturday
Aquacise* (1.30pm)

KEY:
All classes to take place in the Arts Room unless stated otherwise:
* - Swimming Pool

All group exercise classes, fitness sessions and pool sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th	
7am								7am
8am								8am
9am								9am
10am	CORE & BACK REHAB	BALANCABILITY			CORE & BACK REHAB	FUNCTIONAL FITNESS		10am
11am								11am
12pm								12pm
1pm								1pm
2pm	AQUACISE*					AQUACISE*		2pm
3pm				AQUACISE*				3pm
4pm								4pm
5pm								5pm
6pm	CYCLE	STRETCH & MOBILITY	KETTLE & CORE		CYCLE			6pm
7pm		AQUACISE*						7pm
8pm								8pm

All Classes are for 16yrs+ unless labelled otherwise.

Please bring your own mat, as mats will not be provided.

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used.