

Skegness Pool & Fitness Suite

Group Exercise Programme

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)

Wednesday
Balancability (10am)

Friday
Cycle (6pm)

Saturday
Functional Fitness (10am)

DONNA

Monday
Aquacise* (2pm)

Tuesday
Aquacise* (7pm)

Thursday
Aquacise* (2.30pm)

Saturday
Aquacise* (1.30pm)

Jacqui

Tuesday
Zumba (10am)
Yoga (11am)

Thursday
Boogie Bounce (10am)
Yogalates (11am)

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 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|------|-------------------|--------------------|---------------|---------------|-------------------|--------------------|--------|------|
| 7am | | | | | | | | 7am |
| 8am | | | | | | | | 8am |
| 9am | | | | | | | | 9am |
| 10am | CORE & BACK REHAB | ZUMBA | BALANCABILITY | BOOGIE BOUNCE | CORE & BACK REHAB | FUNCTIONAL FITNESS | | 10am |
| 11am | | YOGA | | YOGALATES | | | | 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.

KEY:

All classes to take place in the Arts Room unless stated otherwise:

* - Swimming Pool