## **Poulton Adult Fitness Classes** Poulton Ymca Swimming & Fitness Centre

## Accurate as of 17/05/2024

Times for Monday 27 June			<b>(</b>
Time	Session	Facility	Instructor
09:15 - 10:15	Pilates	Fitness Class Studio	Julie
11:30 - 12:15	Gentle Exercise	Y:Active Fitness Studio	Julie
12:30 - 13:15	Low Impact Circuits	Y:Active Fitness Studio	Julie
18:00 - 18:45	Pilates	Fitness Class Studio	Dawn D
18:50 - 19:35	Aqua Aerobics	Swimming Pool	Dawn D
19:15 - 20:00	Bootcamp (New)	Fitness Class Studio	Leigh