

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 14/05/2024

### Times for Wednesday 27 March



| Time          | Session          | Facility                | Instructor |
|---------------|------------------|-------------------------|------------|
| 06:45 - 07:30 | Spinning         | Fitness Class Studio    | Lisa-Marie |
| 09:20 - 10:00 | Circuit Training | Y:Active Fitness Studio | Leigh      |
| 10:00 - 11:00 | Zumba            | Fitness Class Studio    | Leigh      |
| 11:00 - 11:30 | Abs/Core         | Fitness Class Studio    | Leigh      |
| 12:00 - 12:45 | Aqua Aerobics    | Swimming Pool           | Leigh      |
| 18:00 - 18:45 | Spinning         | Fitness Class Studio    | Simon H    |
| 19:00 - 19:45 | Pilates          | Fitness Class Studio    | Helen      |