

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 30/04/2024

Times for Thursday 4 April



| Time | Session | Facility | Instructor |
|---------------|------------------|----------------------|------------|
| 09:30 - 10:30 | Pilates | Fitness Class Studio | Julie |
| 10:30 - 11:15 | Circuit Training | Fitness Class Studio | Julie |
| 11:00 - 12:00 | RocBod | Fitness Class Studio | Leigh |
| 17:30 - 18:00 | Weights Workout | Fitness Class Studio | Leigh |
| 18:00 - 18:45 | Kettlebells | Fitness Class Studio | Lisa |
| 18:30 - 19:15 | Aqua Aerobics | Swimming Pool | Leigh |