

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/09/2026

Times for Thursday 1 October

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
18:30 - 19:15	Aqua Aerobics	Swimming Pool	Leigh
18:30 - 19:15	Pilates	Fitness Class Studio	Helen