Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 27/11/2026

Times for Monday 30 November

Time	Session	Facility	Instructor
09:15 - 10:15	Pilates	Fitness Class Studio	Julie
10:30 - 11:15	Thighs, Bums and Tums	Y:Active Fitness 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