# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

**Accurate as of 27/11/2026**

### Times for Thursday 3 December

| 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 |