

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

Classes at Wye Leisure

FREE* To All Members

For more information

Visit: www.wyeleisure.com

Call: 01432 860860

Members get FREE access to all classes, Non-members must pay the normal guest fees in order to gain access.*

For membership prices please contact us or visit our website.



**Booking Conditions Apply - Some Membership Categories will require Payment to Upgrade*

Please note that booking conditions apply. A copy can be obtained from Wye Leisure or via our website.



Wye Leisure Health & Leisure Club,

Fownhope, Hereford HR1 4PE

Telephone: 01432 860860

Email: info@wyeleisure.com

Web: www.wyeleisure.com

Simply Outstanding!

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

Group Exercise Class Timetable Effective from the W/C 16th March 2015

Day / Time	Class Type	Location
Monday		
06:30	Indoor Cycling	Studio 1
07:30	Beginners Spin®	Studio 1
09:30	Circuits	Studio 2
11:30	Pilates	Studio 2
18:00	Tabata	Studio 2
18:00	Spin®	Studio 1
19:00	Indoor Cycling	Studio 1
19:30	Pilates	Studio 2
19:30	Aqua – Shallow Water	Pool 2
Tuesday		
06:30	Spin®	Studio 1
09:30	H I I T	Studio 2
11:15	Total Tone	Studio 2
12:00	FitSteps®	Studio 1
13:30	Yoga – Classic (60min)	Studio 2
18:00	Zumba®	Studio 1
18:30	E. T. M.	Studio 2
19:30	Aqua – Shallow Water	Pool 2
Wednesday		
06:30	Yoga – Ashtanga (85min)	Studio 2
08:00	Yoga – Hatha (90min)	Studio 2
10:00	Legs, Bums and Tums	Studio 2
10:30	Aqualates	Pool 2
11:45	Aqua – Deep Water	Pool 1
12:00	Pilates	Studio 2
18:00	Tabata	Studio 2
18:00	Indoor Cycling	Studio 1
19:15	Yoga – Dynamic Hatha (90min)	Studio 2
20:15	Zumba®	Studio 1
Thursday		
06:30	Indoor Cycling	Studio 1
09:15	BarreConcept®	Studio 1
09:30	Aqua – Shallow Water	Pool 2

Thursday	Continued	
10:30	Zumba®	Studio 1
10:45	Aqua – Deep Water	Pool 1
18:15	E. T. M.	Studio 2
18:00	Spin®	Studio 1
19:30	Resistance Band Circuits	Studio 2
19:30	Aqua – Shallow Water	Pool 2
19:25	Spin®	Studio 1
Friday		
06:30	Spin®	Studio 1
07:05	Get Fit in 40	Studio 2
10:30	Spin® Gold	Studio 1
<p><i>That's it for now, but don't forget we will be adding more as we progress through 2015! Watch this space!</i></p>		

**Classes FREE* to Members
£6.95 Per Class – Non Members**

**For Bookings Please Call:
01432 860860**

**For Class Descriptions Please Visit
Our Website:**

www.wyeleisure.com

* = Terms & Condition Apply – Depends on membership type Extra charges may apply, Please call us for further details

For a copy of our booking terms and conditions please ask at the time of booking or download a copy from our website

It may be necessary to move class times or at times to cancel arranged classes. For an up-to-date calendar of classes, please visit our website: www.wyeleisure.com