

Waterworld Exercise Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Morning	9.15 - 10.00	Aqua Fit (P)				9.00 - 10.00	Bodybalance (S)							
	9.45 - 10.45	Bodypump (S)	9.45 - 10.45	Bodypump (S)	9.45 - 10.45	Bodypump (S)	9.45 - 11.45	Yoga (S)	10.00 - 12.00	Tai Chi - Yang (£ S)	9.30 - 10.30	Bodypump (S)	10.00 - 11.00	BodyBalance (S)
	11.00 - 12.00	Bodybalance (S)			11.00 - 12.00	Bodybalance (S)								
			11.00 - 13.00	Yoga (S)								11.00 - 12.00	Street Dance (S £)	
Afternoon	12.15 - 13.00	Bodypump (S)			12.15 - 13.00	BodyPump (S)			12.15 - 13.00	BodyJam (S)	12.00 - 13.00	Street Dance (S £)		
					14.00 - 15.00	Easyline 50+ (M £)	13.15 - 15.00	W.I.S.E. (S)						
			14.30 - 15.15	Aqua Fit (P)	14.30 - 15.15	AquaGym (P)								
Evening	16.15 - 17.15	Micromachine (£ S)	17.30 - 18.30	Aerobics (S)	17.30 - 18.30	NIKE (S)	17.30 - 18.30	BodyJam (S)	17.30 - 18.45	BodyPump (T S)				
	17.30 - 18.30	NIKE (S)	18.45 - 19.45	Boxercise (S)	18.45 - 19.45	Bodypump (S)	18.30 - 19.15	BodyCombat (S)	19.00 - 21.00	Karate (S £)				
	18.35 - 18.55	Ab Blast (S)	19.00 - 20.00	Run Club (O)	19.15 - 19.45	Aqua Natal (P)	19.30 - 20.00	Lose Weight (S)			KEY			
	19.00 - 20.00	Bodypump (S)	20.00 - 21.00	Bodybalance (S)	20.00 - 21.00	Aqua Aerobics (P)	20.15 - 21.15	Power Yoga (S)			Class Location		Class Type	
	20.15 - 21.15	BodyJam (S)			20.00 - 21.30	BodyBalance (T S)					S	Studio		High Energy Class

P	Pool		Dance Class
O	Outdoor		Strength and Conditioning
£	Additional Fee payable		Holistic Class
T	Technique & Class		Other Classes

Lose Weight
Look and Feel Great
Weekly Weigh-in

Achieve your goals

Every Thursday 19.30



Fancy a Run?

Every Tuesday @ 19.00

Start training here for the Race for Life Series

Support Cancer Research and get fit



High Energy Classes

NIKE -
Aerobics, step, shaping and toning all rolled into one in this relatively high intensity class

Aerobics -
Boost your energy levels with this varied aerobic workout

Boxercise -
Strength and Endurance are on the menu in this high energy boxing based class

BodyPump -
Effective resistance training that develops strength and confidence. Burns up to 600 calories per workout

BodyCombat -
A non contact martial arts based fitness program providing an exhilarating exercise experience that delivers ultra fast fitness results

Holistic Classes

BodyBalance -
A workout using Tai-Chi, Yoga and Pilates moves to leave you long, strong, centered and calm. Your personal time-out

Tai - Chi Yang -
Exploration of human, physical and spiritual potential.

Pilates -
Focuses on building your body's core strength and improving posture with low impact, low repetition and conditioning moves

Yoga -
Stimulate, relax and revitalise the mind and body. All abilities welcome

Dance Classes

BodyJam -
Cardio Fun at it's best set to the latest music and the greatest dance moves

StreetDance -
Exercise and learn the streets coolest moves. 8-11 and 12-16 year olds

Strength and Conditioning Classes

AquaFit -
A water-based aerobics class suitable for all abilities

AquaGym -
A water-based circuit class particularly good for increasing mobility and strength of joints and muscles

AquaAerobics -
An energising water-based workout with low impact exercises

AB Blast -
20 minutes to kick those abdominals into touch

Other Classes

Micromachines -
Activities for children that combine excitement and motivation using equipment such as parachutes, space hoppers, beanbags and more

Easyline 50+-
A simple circuit based class based in a friendly informal environment. Ideal if you want to start exercising without spending your life in the gym

Aqua-Natal
A gentle workout for women suitable for all stages of pregnancy

Run Club -
Come run with Anna, our friendly, professional athlete as she takes you on a gentle run in the fresh air

Lose Weight -
Look and feel great, with a weekly weigh-in, and two free activity sessions a week. Achieve your goals with group support. Only a 12 week course

W.I.S.E. -
Women interested in sensible exercise. Exercise and Socialise with a choice of activities. Suitable for all ladies

Memberships

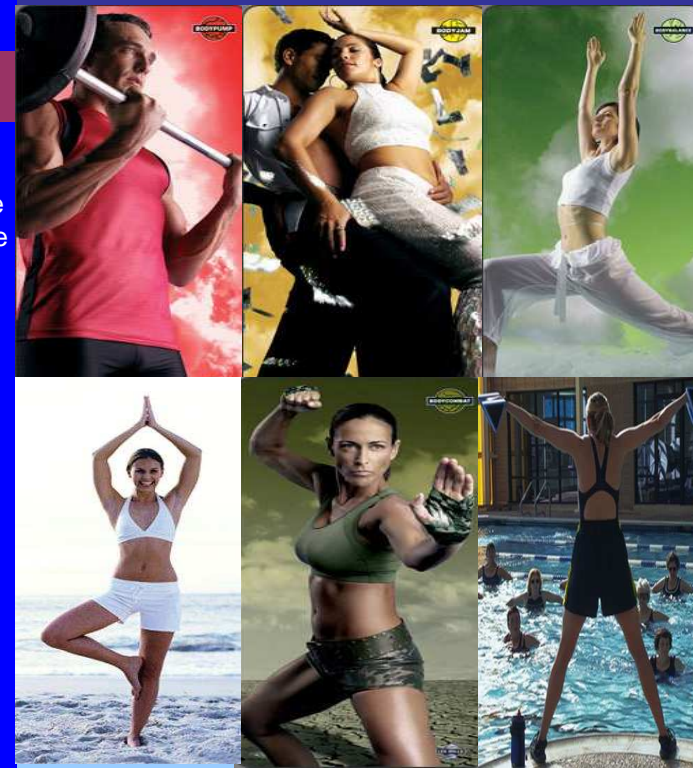
Membership starts from £25 a month. This offers you unlimited access to the gym, pool, health suite and most fitness classes without extra charge.

Interested in just the pool - this starts from just £15 a month membership. For more details ask at Reception

Exercise Class Timetable

Wrexham Waterworld

April - June 2008



Our new timetable gives more opportunity for exercise with exclusive classes only at Waterworld

Interested in a class? Ask for more details at Reception.

01978 297300

www.wrexham.gov.uk/leisure

