

Health and Fitness

We have an extensive programme to suit all tastes and abilities. Exercise your body and free your mind. Many of our fitness courses have crèche support.

Fitness													
Learn how to Get Fit and Lose Weight (Women)	Mon	10:00	11:00	20 Sep 2010	10	All Levels		A1912	SHC	£35	£35	£0	£0
Exercise to Music	Mon	18:30	19:30	20 Sep 2010	10	Beginners		A1906	SHC	£35	£35	£0	£0
Boxercise and Fitness for Women	Wed	10:00	11:00	22 Sep 2010	10	All Levels		A2182	ISB	£35	£35	£0	£0
Learn how to use the Gym and Improve Your Health	Wed	10:00	11:00	22 Sep 2010	10	All Levels		A1900	SHC	£35	£35	£0	£0
Boxercise and Fitness Training for Women	Wed	10:00	11:30	22 Sep 2010	10	All Levels		A1503	BGC	£40	£19	£0	£0
Legs, Burns and Turns (Women)	Wed	18:30	19:30	22 Sep 2010	10	All Levels		A1918	SHC	£35	£35	£0	£0
Circuit Training 1	Wed	19:00	20:00	22 Sep 2010	10	All Levels		A1921	SHC	£35	£35	£0	£0
Body Conditioning for Women 1	Fri	10:00	11:00	24 Sep 2010	10	All Levels		A2181	ISB	£35	£35	£0	£0
Introduction to exercise for fitness and health for Women	Fri	10:00	11:00	24 Sep 2010	10	All Levels		A1924	SHC	£35	£35	£0	£0
Body Conditioning for Women	Fri	10:00	11:30	24 Sep 2010	10	All Levels		A1501	BGC	£40	£17	£0	£0
Pilates													
Get Started in Pilates Body Conditioning	Tues	10:00	11:30	21 Sep 2010	10	Beginners		A3205	ISW	£40	£17	£0	£0
Pilates Exercise for Women	Tues	10:00	11:30	21 Sep 2010	10	All Levels		A1510	SHC	£40	£17	£0	£0
Pilates Exercise, Stretch and Relaxation	Tues	18:00	19:30	21 Sep 2010	10	All Levels		A1511	SHC	£40	£17	£0	£0
Pilates Exercise, Stretch and Relaxation	Thurs	18:30	20:00	23 Sep 2010	10	All Levels		A1513	SHC	£40	£17	£0	£0
Get started in Pilates Body Conditioning	Wednesday	17:45	19:00	22 Sep 2010	10	Beginners		A3206	ISW	£40	£17		

Course Title	Day	Start Time	End Time	Start Date	Weeks	Course Level	Advice required?	Course Code	Venue	Full Fee (£)	Concessionary Fee (£)	Exam	Materials
Pilates Body Conditioning	Tuesday	17:45	19:00	21 Sep 2010	10	Intermediate		A3207	ISW	£40	£17		
Pilates Body Conditioning	Thursday	10:00	11:30	23 Sep 2010	10	Intermediate		A3296	ISW	£44	£19		
Tai Chi													
Tai Chi (Yang Style) with Qi Gong	Mon	18:00	20:00	20 Sep 2010	10	All Levels		A2099	BGC	£44	£19	£0	£0
Tai Chi (Yang Style) with Qi Gong - Intermediate	Sat	10:00	11:30	25 Sep 2010	10	Intermediate		A2102	BGC	£44	£19	£0	£0
Get Started in Tai Chi (Yang Style) with Qi Gong	Sat	11:30	13:00	25 Sep 2010	10	Beginners		A2105	BGC	£40	£19	£0	£0
Tai Chi for Beginners	Sat	11:30	13:00	25 Sep 2010	10	Beginners		A2180	ISB	£35	£35	£0	£0
Yoga													
Yoga - Pre and Post Natal	Mon	10:00	11:30	20 Sep 2010	5	All Levels		A2096	ISW	£20	£9	£0	£0
Yoga - Hatha	Mon	18:00	19:30	20 Sep 2010	10	All Levels		A2093	ISW	£40	£17	£0	£0
Yoga - Hatha	Tues	18:30	20:00	21 Sep 2010	10	All Levels		A2120	SHC	£40	£17	£0	£0
Yoga - Hatha (Women)	Thurs	10:00	11:30	23 Sep 2010	10	All Levels		A2117	SHC	£40	£17	£0	£0
Yoga - Hatha	Thurs	18:30	20:00	23 Sep 2010	10	All Levels		A2114	SHC	£40	£17	£0	£0
Yoga for people 60yrs or over	Fri	10:00	11:30	24 Sep 2010	10	All Levels		A2111	ISB	£40	£17	£0	£0
Weight and Power Lifting													
Weight and Power Lifting	Mon	18:00	20:00	20 Sep 2010	10	All Levels		A1521	BGC	£44	£44	£0	£0
Weight and Power Lifting	Tues	10:30	12:30	21 Sep 2010	10	All Levels		A2090	BGC	£44	£44	£0	£0
Weight and Power Lifting	Tues	18:00	20:00	21 Sep 2010	10	All Levels		A1524	BGC	£44	£44	£0	£0
Weight and Power Lifting	Wed	18:00	20:00	22 Sep 2010	10	All Levels		A1525	BGC	£44	£44	£0	£0
Weight and Power Lifting	Thurs	10:30	12:30	23 Sep 2010	10	All Levels		A1526	BGC	£44	£44	£0	£0
Weight and Power Lifting	Thurs	18:00	20:00	23 Sep 2010	10	All Levels		A1528	BGC	£44	£44	£0	£0
Weight and Power Lifting	Sat	10:30	12:30	25 Sep 2010	10	All Levels		A1529	BGC	£44	£44	£0	£0
Swimming													
Parent and Child Swimming 3 months -23 months (One child per parent)	Mon	16:30	17:15	20 Sep 2010	10	Beginners		A1888	SHS	£0	£0	£0	£0
Parent and Child Swimming 2-4 years (One child per parent)	Mon	17:15	18:00	20 Sep 2010	10	Beginners		A1891	SHS	£0	£0	£0	£0
Mother and Child Swimming 3 Months -23 Months (One child per parent)	Thurs	16:30	17:15	23 Sep 2010	10	Beginners		A1894	SHS	£0	£0	£0	£0
Mother and Child Swimming 2-4 Years (One child per parent)	Thurs	17:15	18:00	23 Sep 2010	10	Beginners		A1897	SHS	£0	£0	£0	£0