

Junior and Family Fitness Programme

1st May – 31st August 2017

Sessions cost £2.70 with a Leisure Card or £4.10 without a Leisure Card.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Corwen	Open Fitness Suite Session * ~ 6.30am – 8.00pm	Open Fitness Suite Session * ~ 9.00am – 8.00pm	Open Fitness Suite Session * ~ 3.00pm – 8.00pm	Open Fitness Suite Session * ~ 9.00am – 6.15pm	Open Fitness Suite Session * ~ 7.00am – 6.00pm	Open Fitness Suite Session * ~ 8.15am – 12.30pm	Open Fitness Suite Session * ~ 8.30am – 12.30pm
Denbigh	Open Fitness Suite Session * ~ 7.00am – 5.30pm Supervised Fitness Session # * 3.30pm – 5.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm	Open Fitness Suite Session * ~ 7.00am – 5.00pm	Open Fitness Suite Session * ~ 7.00am – 7.30pm Supervised Fitness Session # * 3.30pm – 5.00pm	Supervised Fitness Session # * 3.30pm – 5.00pm Open Fitness Suite Session * ~ 7.00am – 8.00pm	Supervised Fitness Session # * 10.00am – 12.00pm Open Fitness Suite Session * ~ 8.30am – 3.30pm	Open Fitness Suite Session * ~ 9.00am – 6.00pm
Llangollen	Open Fitness Session * ~ 7.30am – 8.00pm	Open Fitness Session * ~ 9.00am – 5.00pm	Open Fitness Session * ~ 7.30am – 5.00pm	Open Fitness Session * ~ 9.00am – 5.00pm	Supervised Fitness Session # * 3.30pm – 4.30pm Open Fitness Session * ~ 9.00am – 9.00pm	Open Fitness Session * ~ 9.00am – 1.00pm	Open Fitness Session * ~ 9.00am – 1.00pm
Nova	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.30pm – 5.00pm Family Aqua Zumba + 7.45pm - 8.45pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.30pm – 4.45pm	Body Tone # * 4.00pm – 4.30pm Open Fitness Suite Session * ~ 6.30am – 5.00pm	Open Fitness Suite Session * ~ 6.30am – 8.00pm	Open Fitness Suite Session * ~ 8.30am – 6.00pm Circuits # * 3.00pm – 3.30pm	Open Fitness Suite Session * ~ 8.30am – 6.00pm Family Fitball + 10am – 10.45am
Rhyl	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.00pm – 4.00pm 4.00pm – 5.00pm Interval Training # 5.00pm – 5.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Weight Technique # 4.00pm – 4.30pm Family Aqua Zumba + 7.30pm – 8.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 4.45pm – 5.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.00pm – 4.00pm Circuits # 4.00pm – 4.30pm	Open Fitness Suite Session * ~ 6.30am – 8.00pm	Open Fitness Suite Session * ~ 8.30am – 4.00pm	Open Fitness Suite Session * ~ 8.30am – 9.00pm
Ruthin	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 12.30pm – 1.30pm Supervised Fitness Session # * 3.45pm – 4.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.45pm – 4.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.45pm – 4.30pm	Open Fitness Suite Session * ~ 6.30am – 5.00pm Supervised Fitness Session # * 3.45pm – 4.30pm	Open Fitness Suite Session * ~ 8.00am – 3.00pm	Open Fitness Suite Session * ~ 9.00am – 4.00pm

- Session requires booking * - Induction must be completed prior to attending a Fitness Suite Session, please contact Reception to arrange an induction. ~ - One adult may bring up to two children.

Junior Fitness Membership - For 11 -15 year olds

Includes Fitness Suite Sessions, Junior Fitness Classes, Swimming (Public Sessions) and a Leisure Card.

Please arrive 10 minutes before a session / class starts, once session / class start time has passed no further entries will be allowed. The classes may be subject to change; however every effort will be made to cover classes during Instructor's absences. All Junior sessions / classes are for 11 – 15 year olds.

Terms and Conditions apply to all sessions for further information please contact Reception.

