

# Junior & Family Exercise Programme 1<sup>st</sup> September – 21<sup>st</sup> December 2018

Monday			Tuesday			Wednesday			Thursday		
Open Fitness Suite Session * ~	C	6.30am – 8.00pm	Open Fitness Suite Session * ~	D	6.30am – 5.00pm	Open Fitness Suite Session * ~	N	6.15am – 6.00pm	Open Fitness Suite Session * ~	N	6.15am – 6.00pm
Open Fitness Suite Session * ~	N	6.15am – 6.00pm	Open Fitness Suite Session * ~	N	6.15am – 6.00pm	Open Fitness Suite Session * ~	R	6.15am – 5.30pm	Open Fitness Suite Session * ~	R	6.15am – 5.30pm
Open Fitness Suite Session * ~	R	6.15am – 5.30pm	Open Fitness Suite Session * ~	R	6.15am – 5.30pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm
Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	D	6.30am – 5.00pm	Open Fitness Suite Session * ~	D	6.30am – 7.30pm
Open Fitness Suite Session * ~	D	6.30am – 5.30pm	Open Fitness Suite Session * ~	LI	9.00am – 5.00pm	Open Fitness Suite Session * ~	St	6.45am – 5.00pm	Open Fitness Suite Session * ~	LI	9.00am – 5.00pm
Open Fitness Suite Session * ~	St	6.45am – 5.00pm	Open Fitness Suite Session * ~	C	9.00am – 8.00pm	Open Fitness Suite Session * ~	LI	7.30am – 5.00pm	Open Fitness Suite Session * ~	C	9.00am – 6.15pm
Open Fitness Suite Session * ~	LI	7.30am – 8.00pm	Supervised Fitness Session # *	Ru	3.45pm – 4.30pm	Open Fitness Suite Session * ~	C	3.00pm – 8.00pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm
Supervised Fitness Session # *	LI	12.30pm – 1.30pm	Junior Weight Technique #	R	4.00pm – 4.30pm	Junior Group Cycle#	R	3.45pm – 4.30pm	Supervised Fitness Session # *	D	3.30pm – 5.00pm
Supervised Fitness Session # *	R	3.00pm – 4.00pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm	Supervised Fitness Session # *	St	3.45pm – 4.30pm	Supervised Fitness Session # *	Ru	3.45pm – 4.30pm
Supervised Fitness Session # *	D	3.30pm – 5.30pm	Family Aqua Zumba #	R	7.30pm – 8.30pm	Supervised Fitness Session # *	R	4.45pm – 6.00pm	Junior Body Tone # *	N	3.45pm – 4.15pm
Supervised Fitness Session # *	N	3.30pm – 6.00pm	Open Fitness Suite Session * ~	St	8.00pm – 10.00pm	Supervised Fitness Session # *	St	4.45pm – 5.30pm	Supervised Fitness Session # *	R	4.00pm – 5.00pm
Supervised Fitness Session # *	Ru	3.45pm – 4.30pm				Open Fitness Suite Session * ~	St	8.00pm – 10.00pm	Family Group Cycle #	R	5.00pm – 5.45pm
Supervised Fitness Session # *	St	3.45pm – 4.30pm	<b>Saturday</b>						Open Fitness Suite Session * ~	St	8.00pm – 10.00pm
Supervised Fitness Session # *	R	4.00pm – 5.00pm	Open Fitness Suite Session * ~	C	8.15am – 12.30pm	<b>Sunday</b>					
Supervised Fitness Session # *	St	4.45pm – 5.30pm	Open Fitness Suite Session * ~	D	8.30am – 3.30pm	Open Fitness Suite Session * ~	C	8.30am – 12.30pm			
Junior Weight Technique #	N	5.00pm – 5.30pm	Open Fitness Suite Session * ~	St	8.30am – 1.00pm	Open Fitness Suite Session * ~	St	8.30am – 1.00pm			
Family Group Cycle #	R	5.30pm – 6.15pm	Open Fitness Suite Session * ~	Ru	8.00am – 3.00pm	Open Fitness Suite Session * ~	N	8.15am – 6.00pm			
Family Aqua Zumba #	N	7.45pm – 8.45pm	Open Fitness Suite Session * ~	R	8.00am – 5.00pm	Open Fitness Suite Session * ~	R	8.30am – 9.00pm			
<b>Friday</b>			Open Fitness Suite Session * ~	N	8.15am – 6.00pm	Open Fitness Suite Session * ~	Ru	9.00am – 4.00pm			
Open Fitness Suite Session * ~	Ru	6.30am – 5.00pm	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm	Open Fitness Suite Session * ~	D	9.00am – 6.00pm			
Open Fitness Suite Session * ~	N	6.15am – 8.00pm	Supervised Fitness Session # *	D	10.00am – 12 Noon	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm			
Open Fitness Suite Session * ~	R	6.15am – 8.00pm									
Open Fitness Suite Session * ~	D	6.30am – 8.00pm									
Open Fitness Suite Session * ~	St	6.45am – 5.00pm									
Open Fitness Suite Session * ~	C	7.00am – 6.00pm									
Open Fitness Suite Session * ~	LI	9.00am – 9.00pm									
Supervised Fitness Session # *	LI	3.30pm – 4.30pm									
Supervised Fitness Session # *	D	3.30pm – 5.00pm									
Supervised Fitness Session # *	Ru	3.45pm – 4.30pm									
Supervised Fitness Session # *	St	3.45pm – 4.30pm									
Supervised Fitness Session # *	St	4.45pm – 5.30pm									
Open Fitness Suite Session * ~	St	8.00pm – 9.00pm									

Corwen Leisure Centre 01490 412600  
 Denbigh Leisure Centre 01824 712664  
 Llangollen Leisure Centre 01978 861830  
 NOVA Prestatyn 01824 712323  
 Rhyl Leisure Centre 01824 712661  
 Ruthin Leisure Centre 01824 712665  
 St Asaph Leisure Centre 01824 712663



### Session Information

# - 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.

C	Corwen	D	Denbigh	LI	Llangollen
N	Nova Prestatyn	R	Rhyl	Ru	Ruthin
St	St Asaph				