

Junior & Family Exercise Programme 1st May – 31st August

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	6.30am – 6.00pm	Open Fitness Suite Session * ~	N	6.30am – 6.00pm	
Open Fitness Suite Session * ~	N	6.30am – 6.00pm	Open Fitness Suite Session * ~	N	6.30am – 6.00pm	Open Fitness Suite Session * ~	R	6.30am – 5.30pm	Open Fitness Suite Session * ~	R	6.30am – 5.30pm	
Open Fitness Suite Session * ~	R	6.30am – 5.30pm	Open Fitness Suite Session * ~	R	6.30am – 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	Supervised Fitness Session # *	R	3.00pm – 4.00pm	
Supervised Fitness Session # *	LI	12.30pm – 1.30pm	Junior Weight Technique #	R	4.00pm – 4.30pm	Supervised Fitness Session # *	N	3.30pm – 4.45pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm	
Supervised Fitness Session # *	R	3.00pm – 4.00pm	Open Fitness Suite Session * ~	St	3.00pm – 5.00pm	Supervised Fitness Session # *	R	4.45pm – 5.30pm	Supervised Fitness Session # *	D	3.30pm – 5.00pm	
Supervised Fitness Session # *	D	3.30pm – 5.30pm	Family Aqua Zumba +	R	7.30pm - 8.30pm	Open Fitness Suite Session * ~	St	8.00pm – 10.00pm	Supervised Fitness Session # *	Ru	3.45pm – 4.30pm	
Supervised Fitness Session # *	N	3.30pm – 5.00pm	Open Fitness Suite Session * ~	St	8.00pm – 10.00pm				Junior Body Tone # *	N	4.00pm – 4.30pm	
Supervised Fitness Session # *	Ru	3.45pm – 4.30pm							Junior Circuits #	R	4.00pm – 4.30pm	
Supervised Fitness Session # *	R	4.00pm – 5.00pm							Open Fitness Suite Session * ~	St	8.00pm – 10.00pm	
Family Aqua Zumba +	N	7.45pm - 8.45pm										
			Saturday			Sunday						
			Open Fitness Suite Session * ~	C	8.15am – 12.30pm	Open Fitness Suite Session * ~	C	8.30am – 12.30pm				
			Open Fitness Suite Session * ~	D	8.30am – 3.30pm	Open Fitness Suite Session * ~	St	8.30am – 1.00pm				
			Open Fitness Suite Session * ~	St	8.30am – 1.00pm	Open Fitness Suite Session * ~	St	8.30am – 1.00pm				
			Open Fitness Suite Session * ~	Ru	8.00am – 3.00pm	Open Fitness Suite Session * ~	N	8.30am – 6.00pm				
			Open Fitness Suite Session * ~	R	8.30am – 4.00pm	Open Fitness Suite Session * ~	R	8.30am – 9.00pm				
Friday			Open Fitness Suite Session * ~	N	8.30am – 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	6.30am – 8.00pm	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm	Open Fitness Suite Session * ~	D	9.00am – 6.00pm				
Open Fitness Suite Session * ~	R	6.30am – 8.00pm	Supervised Fitness Session # *	D	10.00am – 12 Noon	Open Fitness Suite Session * ~	LI	9.00am – 1.00pm				
Open Fitness Suite Session * ~	D	6.30am – 8.00pm	Junior Circuits # *	N	3.00pm – 3.30pm	Family Fitball +	N	10.00am – 10.45am				
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										
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				