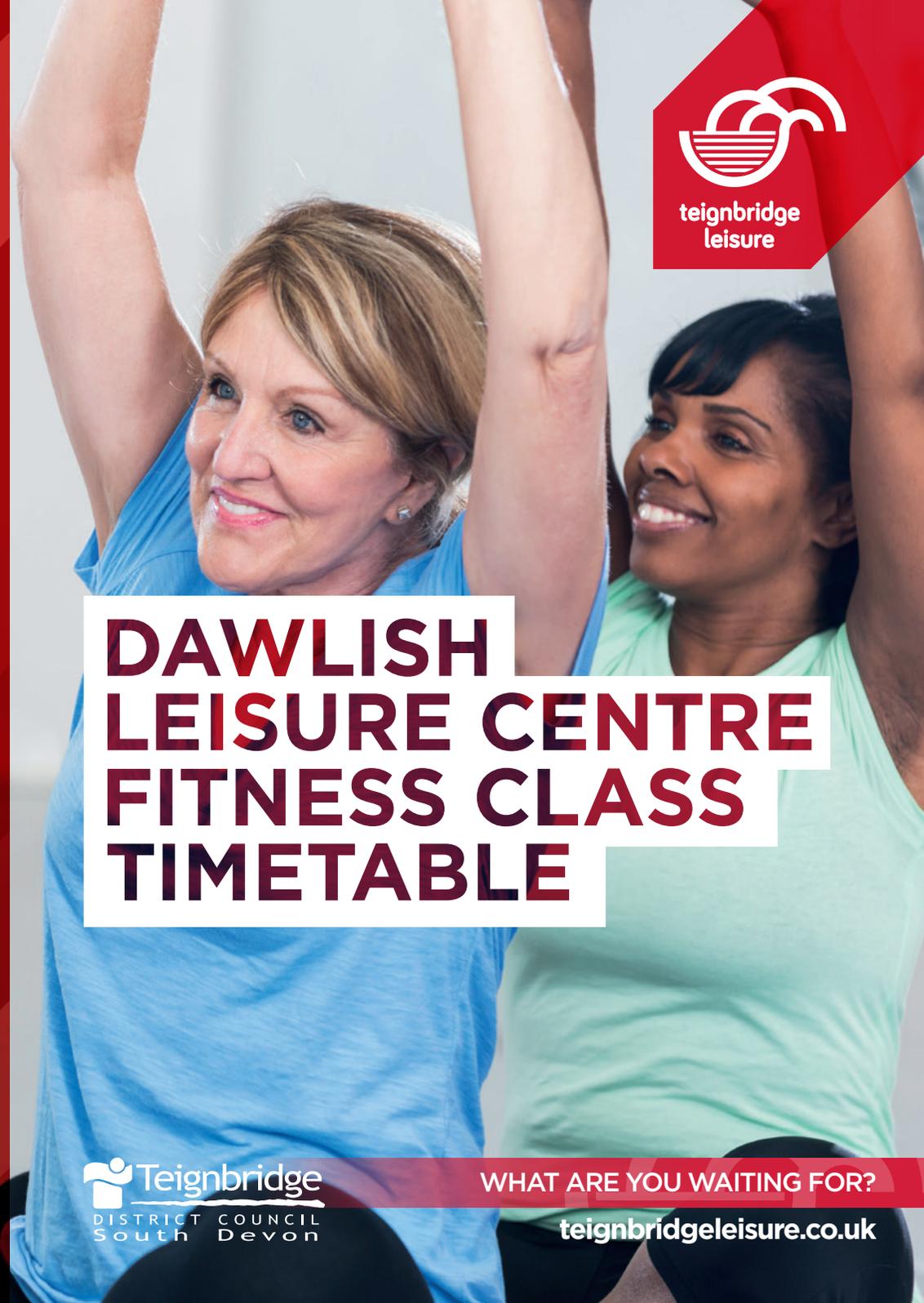




teignbridge
leisure



DAWLISH LEISURE CENTRE FITNESS CLASS TIMETABLE

Class Type	Description
Flow Yoga	Called Flow Yoga because of the smooth way that the poses run together. It is one of the most popular contemporary styles and its broad classification encompasses many different types of yoga. Each movement is synchronised to a breathe.
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movements.
Body Pump	Adjustable weight training class for all; sculpt, tone and strengthen your entire body.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
Kettlebells	Challenge every muscle in your body with exercises that are different from your normal routine, kettlebell training can breathe new life into your fitness program. Incorporating strength, endurance, power and fun.
Short Tennis	Is typically played on a smaller court and for a shorter duration than standard tennis. The game is for anybody interested in tennis in this fun and social session. Not instructor led.
Clubbercise	Fun easy-to-follow dance workout with the lights off, rave glow sticks and disco lights on. Club anthems from 90s to today's hits.
Family Circuits	Circuits are a fun and interactive way for kids to become more active. Multi station class to build stamina and strength. The ultimate challenge for beginner and advanced.
Prime Life	A low impact session for our more mature clients. An overall body workout through a circuit training program or team sports.
Strong by Zumba	Strong by Zumba is a high intensity tempo training class, think burpees, push ups, and other high-impact moves all synced to specific music.
Zumba	Easy to follow latin inspired movements in a no pressure environment, providing a fun workout for all fitness levels.
Aqua Fit	Energising aerobic routines in the pool to music. It raises the heart rate with little pressure on your joints.
Aqua Circuits	A variety of activities, involving body weight and resistance training.
Adult Triathlon Coached	Triathlon session is a structured swim set involving sprint and high intensity work as well as aerobic and distance.
Adult Competitive Coached	This is aimed at ex-club swimmers who can do all strokes who are there for fitness or are racing at masters, galas and age group format.
Adult Condition Swim	Lane swimming with specialist coaching to improve your technique through drills.
Junior Octopush	Under water hockey for all abilities and levels.
Junior Snorkel and Fin	A great way to explore our coastline come and learn in a warm and fun environment. During the holiday periods we also offer snorkelling courses for beginners, intermediates and advanced.



All classes can be enjoyed at your own level of fitness and ability

 Teignbridge
DISTRICT COUNCIL
South Devon

WHAT ARE YOU WAITING FOR?

teignbridgeleisure.co.uk

Dawlish Leisure Centre Fitness Class Timetable

From
June 2018



	MORNING CLASSES			EVENING CLASSES			
MONDAY	Aqua Fit 10.00 - 11.00	Flow Yoga 11.00 - 12.00		Kettlebells 18.00 - 18.45	Circuits 19.00 - 20.00	Flow Yoga 20.00 - 21.00	
TUESDAY	Prime Life 08.00 - 09.00	Aqua Fit 10.00 - 11.00		Aqua Circuits 17.30 - 18.30	Zumba 18.00 - 19.00	Body Pump 19.00 - 20.00	Pilates 20.00 - 21.00
WEDNESDAY	Adult Condition Swim 10.00 - 11.00	Triathlon Swim Session 11.00 - 12.00	Flow Yoga 11.00 - 12.00	TBTs 17.45 - 18.45	Circuits 19.00 - 20.00	Pilates 20.00 - 21.00	
THURSDAY				Short Tennis 16.00 - 18.00	Body Pump 18.00 - 19.00	Aqua Fit 19.00 - 19.45	Flow Yoga 19.00 - 20.00
FRIDAY	Aqua Circuits 11.00 - 12.00			Clubbercise 18.00 - 19.00	Circuits 19.00 - 20.00	Flow Yoga 20.00 - 21.00	
SATURDAY	Strong by Zumba 09.00 - 10.00	Short Tennis 10.00 - 12.00		Junior Snorkel and Fin 15.00 - 16.00	Junior Octopush 16.00 - 17.00		
SUNDAY	Aqua Fit 10.00 - 11.00			Adult Triathlon Coached 18.00 - 19.00	Adult Competitive Coached 19.00 - 20.00		

We have lots of other classes at our sister centres, Broadmeadow Sports Centre and Newton Abbot Leisure Centre
View our timetables at teignbridgeleisure.co.uk/group-exercise

Book online at:
teignbridgeleisure.co.uk/group-exercise

All cancellations must be made 24 hours prior to the class starting or a non attendance fee will be charged.

- Social Sports
- Aqua
- Mind / body
- Aerobic / choreography
- Conditioning