



teignbridge
leisure

Class Type	Description
Pilates	Development of the body through core strength, flexibility, and awareness in order to support efficient, smooth movement.
Body Combat	An empowering cardio workout inspired by a mixture of martial arts. Unleash your inner warrior. All abilities welcome.
Circuits	Multi station class to build stamina and strength. The ultimate challenge from beginner to advanced.
Kettlebells	Challenges 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	Typically played on a smaller court and for a shorter duration than standard tennis. Short Tennis is ideal for any adult who is new to tennis and may prefer a shorter game as an introduction to the sport or just as a fun activity of its' own.
Clubbercise	Fun easy-to-follow dance workout with rave glow sticks and disco lights. Club anthems from 90s to today's hits.
Prime Life	A low impact session for our more mature clients. An overall body workout through a circuit training program or team sports.
TBT	A calorie blast session, targeting those troublesome areas with a mix of aerobic and strength exercises.
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.
Triathlon Swim Session	Swimming session aimed at triathletes.
Masters Swim Session	Lane swimming with specialised help to improve your technique through drills.
Adult Condition Swim	Lane swimming with specialist coaching to improve your technique through drills.

DAWLISH LEISURE CENTRE FITNESS CLASS TIMETABLE



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 **Teignbridge**
DISTRICT COUNCIL
South Devon

WHAT ARE YOU WAITING FOR?

teignbridgeleisure.co.uk

Dawlish Leisure Centre Fitness Class Timetable

From
November 2017



	MORNING CLASSES		EVENING CLASSES			
MONDAY	Aqua Fit 10.00 - 11.00		Kettlebells 17.45 - 18.30	Circuits 19.00 - 20.00		
TUESDAY	Prime Life 08.00 - 09.00	Aqua Fit 10.00 - 11.00	Aqua Circuits 17.45 - 18.30	Body Combat 18.00 - 19.00	Pilates 19.00 - 20.00	
WEDNESDAY	Adult Condition Swim 10.00 - 11.00	Triathlon Swim Session 11.00 - 12.00	TBT 17.45 - 18.45	Circuits 19.00 - 20.00		
THURSDAY			Short Tennis 16.00 - 18.00	Pilates 17.45 - 18.45	Aqua Fit 19.00 - 19.45	Body Combat 19.00 - 19.45
FRIDAY	Aqua Circuits 11.00 - 12.00		Clubbercise 18.00 - 19.00	Circuits 19.00 - 20.00		
SATURDAY	Short Tennis 10.00 - 12.00					
SUNDAY	Aqua Fit 10.00 - 11.00		Triathlon Swim Session 18.00 - 19.00	Masters Swim Session 19.00 - 20.00		

We have lots of other classes at our sister centres, Broadmeadow Sports Centre and Dawlish 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.

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