



**CARDEN PARK**  
CHESHIRE'S COUNTRY ESTATE

## GROUP FITNESS PROGRAMME – From March 2018

Monday	* <sup>(13)</sup> BODY WORKOUT with Kasia 9:30am – 10:30am	* <sup>(14)</sup> YOGA with Lisa 10:30am – 12:00pm	* <sup>(14)</sup> ZUMBA GOLD with Mandy 12:00pm – 12:45pm	* <sup>(12)</sup> CIRCUITS with Terry 6:30pm – 7:30pm		
Tuesday	* <sup>(20)</sup> AQUA FIT with Kasia 9:30am – 10:30am	* <sup>(14)</sup> BODY SCULPTING with Maryanne 9:15am – 10:15am	* <sup>(14)</sup> PILATES ADVANCED with Maryanne 10:15am – 11:15am	* <sup>(12)</sup> DDMIX with Vivienne 11:30am – 12:30pm	* <sup>(12)</sup> AKTIV TONE with Terry 6:00pm – 7:00pm	
Wednesday	* <sup>(10)</sup> AKTIV FIT with Terry 9:30am – 10:30am	* <sup>(14)</sup> PILATES BEGINNERS with Maryanne 11:15am – 12:15pm	* <sup>(10)</sup> BODY SCULPTING PILATES with Maryanne 12:30pm – 1:30pm	* <sup>(13)</sup> BODY WORKOUT with Terry 6:15pm – 7:15pm	* <sup>(14)</sup> PILATES with Shelly 5:30pm – 6:15pm	* <sup>(20)</sup> AQUA FIT with Shelly 6:15pm – 7:00pm
Thursday	* <sup>(20)</sup> AQUA YOGA with Vivienne 9:30am – 10:30am (Starts 9 <sup>th</sup> Aug)	* <sup>(12)</sup> LEGS BUMS & TUMS with Mary 9:30am – 10:30am	* <sup>(14)</sup> STRETCH & RELAX with Vivienne 10.45am – 11.30am (Starts 9 <sup>th</sup> Aug)		* <sup>(12)</sup> VIBE POWER with Terry 6:30pm – 7:30pm	* <sup>(14)</sup> YOGA with Vivienne 7:30pm – 8:30pm
Friday	* <sup>(12)</sup> FAT BURN with Terry 9:30am – 10:30am	* <sup>(20)</sup> AQUA FIT with Kasia 9:30am – 10:30am	* <sup>(14)</sup> YOGA with Lisa 10:30am – 11:30am	* <sup>(14)</sup> YOGA with Lisa 11:30am – 12:30pm	* <sup>(12)</sup> CIRCUITS with Mary 6:00pm – 7:00pm	* <sup>(14)</sup> ZUMBA GOLD with Mandy 7:00pm – 7:45pm

\*Please note: Limited numbers in classes