

# Newark Sports and Fitness Centre

24th April 2017

## MONDAY

06.40 - 07.20	FT	Active SYNRGY 360	2
09.15 - 10.00	JH	Active Pilates	1
10.00 - 10.45	JH	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.00 - 12.00	V	Active Virtual Pump	3
11.30 - 12.30	SB	Active 50 +	2
12.15 - 13.00	MA	Active Aquatic Cycle	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	FT	Active Cycle	1
18.35 - 19.15	DC	Active Hydrolates	6
18.45 - 19.30	ER	Active Cycle	3
18.40 - 19.40	DA	Active Kick Box	1
19.15 - 20.00	DC	Active Aquatic Cycle	4
20.15 - 21.00	DC	Active Aqua	4

## TUESDAY

06.45 - 07.30	V	Active Virtual Cycle	3
09.30 - 10.15	FG	Active Cycle	1
09.30 - 10.30	FT	Active 50 +	5
10.30 - 11.15	DC	Active Pump	1
12.15 - 13.00	EE	Active Hydropole	4
12.30 - 13.00	FT	Active SYNRGY 360	2
16.00 - 16.30	FT	Active SYNRGY 360	2
17.45 - 18.30	JH	Active Pilates	1
17.45 - 18.30	KW	Active Cycle	3
18.45 - 19.30	EM	Active Cycle	3
18.45 - 19.30	ML	Active Meta-Fit	1
19.15 - 20.00	DC	Active Hydropole	4
19.45 - 20.30	MA	Active Kettles	1
20.15 - 21.00	DC	Active Hydrofighter	4

## WEDNESDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
08.30 - 09.15	MA	Active Aquatic Cycle	4
09.30 - 11.30	MA	Active Heart Fit	2
10.00 - 11.00	V	Active Virtual Pump	3
11.00 - 12.00	V	Active Virtual Cycle	3
11.15 - 12.15	BW	Active Yoga	1
12.15 - 13.15	BW	Active Meditation	1
12.30 - 13.00	FT	Active SYNRGY 360	2
14.00 - 14.45	JH	Active Pilates	1
15.10 - 15.55	DC	Active Aqua	4
17.30 - 18.00	FT	Active SYNRGY 360	2
17.45 - 18.30	EE	Active Zumba	1
18.30 - 19.00	FT	Active SYNRGY 360	2
18.45 - 19.30	ER	Active Cycle	3
18.45 - 19.30	DC	Active Aero Tone	1
19.45 - 20.30	DC	Active Pump	1

## THURSDAY

09.30 - 10.15	FG	Active Cycle	1
10.00 - 11.00	V	Active Virtual Pump	3
11.00 - 12.00	V	Active Virtual Cycle	3
10.30 - 11.30	BG	Active Yoga	1
12.00 - 13.00	FT	Strokeability	1
12.15 - 13.00	EK	Active Hydrofighter	4
12.30 - 13.00	FT	Active SYNRGY 360	2
17.30 - 18.00	FT	Active SYNRGY 360	2
17:30 - 18:30	V	Active Virtual Kettlebells	V
17.45 - 18.30	SB	Active Cycle	1
18.30 - 19.00	FT	Active SYNRGY 360	2
18.45 - 19.30	KW	Active Cycle	3
18.45 - 19.30	SB	Active Legs, Bums & Tums	1
19.45 - 20.30	MA	Active Yoga	1
20.45 - 21.30	MA	Active Pilates	1

## FRIDAY

06.40 - 07.10	FT	Active SYNRGY 360	2
09.15 - 10.15	EE	Active Pilates	1
10.00 - 11.00	V	Active Virtual Cycle	3
11.00 - 12.00	V	Active Virtual Pump	3
11.30 - 12.30	SB	Active 50 +	2
17.30 - 18.00	FT	Active SYNRGY 360	2
17.30 - 18:30	V	Active Virtual Cycle	3
18.15- 19.00	DA	Active Cycle	1
19.15- 20.00	DA	Active Cycle	1

## SATURDAY

08.30 - 09.15	VW	Active Cycle	1
10:00 - 11:00	V	Active Virtual Cycle	3
11:00 - 12:00	V	Active Virtual Cycle	3
12.30 - 13.00	FT	Active SYNRGY 360	2
17.30 - 18.00	FT	Active SYNRGY 360	2

## SUNDAY

08.30 - 09.15	VW	Active Cycle	1
10.00 - 11.00	V	Active Virtual Cycle	3
12.30 - 13.00	FT	Active SYNRGY 360	2
16.00 - 17.00	V	Active Virtual Cycle	3
17.30 - 18.00	FT	Active SYNRGY 360	2

Doyle Armstrong	DA	Eva Katai	EK
Michael Anderson	MA	Mark Layfield	ML
Sharon Bilton	SB	Eloise Mcquaid	EM
Debra Christian	DC	Ella Revill	ER
Eve Edwards	EE	Virtual	V
Fitness Team	FT	Victoria Whitaker	VW
Jo Harrison	KS	Kieran Wiffin	KW
Felicity Garland	FG	Barley Green	BG

## CUSTOMER INFORMATION

To avoid cancellation of classes other instructors may be used without prior notice. You are required to cancel bookings by 10am by telephone or online for all those activities taking place that day from 10am onwards. If you cancel a class or activity giving the appropriate notice, there will be no charge. Please feel free to speak to an instructor if you have any medical issues that may affect you participating in the class. Classes are 14 years and above, under 16's must be accompanied by a responsible adult

### OPENING HOURS

06.30 - 22.00 Monday - Friday  
08.00 - 19.00 Saturday & Sunday  
Closed Bank Holidays

### Junior Gym times

Monday - Friday - 15:30 - 17:30  
Saturday & Sunday - 11:30 - 13:00

Tel : 01636 655780

Email : enquiries@active4today.co.uk

1	Fitness Studio	2	Fitness Suite	3	Virtual Area
4	Main Pool	5	Sports Hall	6	Teaching Pool