

# Newark Class Timetable

## Monday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
08.15 - 09.00	PD	Active Broadway Boogie (L)	1
09.15 - 10.00	MA	Active Pilates	3
09.30 - 10.15	PD	Active Legs, Bums & Tums	1
10.00 - 10.30	FT	Active Synrgy	2
10.15 - 11.00	MA	Active Yoga	1
10.30 - 11.15	SS	Active Aqua Aerobics	4
15.15 - 16.00	EE	Seated Exercise	1
16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	2
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	ER	Active Cycle	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.30	MA	Active Pump	1
19.45 - 20.30	SS	Active Aqua Aerobics	4
19.45 - 20.30	LB	Active Yoga	1

## Tuesday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Pump	1
12.30 - 13.00	FT	Active Synrgy	2
13.15 - 14.15	CP	Active Yoga	1
15.00 - 15.45	BF	Active Neurofit	1
16.45 - 17.15	FT	Free Weights Fundamentals	2
17.45 - 18.30	PD	Active RIIDE (L)	1
17.30 - 18.15	KG	Active Drumfun	3
18.00 - 18.30	FT	Active Synrgy	2
18.30 - 19.15	KG	Active Box n Burn	3
18.45 - 19.30	PD	Active Clubbercise (L)	1
19.45 - 20.30	PD	Active HIITMIX (L)	1

### ACTIVITY LOCATION KEY:

Fitness Studio	1	Main Pool	4
Fitness Suite	2	Squash Courts	5
Sports Hall	3	Teaching Pool	6

## Wednesday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
08.30 - 09.15	DW	Active Aqua Aerobics	4
09.30 - 10.15	DW	Active Dancefit	1
09.30 - 10.15	MA	Active Aquatic Cycle	4
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.30	MA	Active Heart Fit	2
16.45 - 17.30	MA	Active Pilates	1
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	PD	Active HIITMIX (L)	1
18.00 - 18.30	FT	Active Synrgy	2
19.00 - 19.45	ER	Active Cycle (CBC)	1

## Thursday

06.00 - 21.00	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
07.00 - 07.30	FT	Active Synrgy	2
09.15 - 10.00	FG	Active Cycle	1
10.00 - 10.30	FT	Active Synrgy	2
10.30 - 11.15	MA	Active Yoga	1
10.45 - 11.30	KG	Active Drumfun	3
12.15 - 13.00	SS	Active Aquatone	6
12.30 - 13.00	FT	Active Synrgy	2
16.30 - 17.00	FT	Xp Synrgy (11-15 yrs)	2
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	PD	Active Clubbercise (L)	1
18.00 - 18.30	FT	Active Synrgy	2
18.45 - 19.45	LK	Active Yoga	1
19.00 - 19.45	PD	Active Body Fusion	3

### INSTRUCTOR KEY:

Michael Anderson	MA	Katie Goodier	KG
Doyle Armstrong	DA	Lyndsey King	LK
Liam Bagguley	LB	Chris Paris	CP
Paige Davis	PD	Ella Revill	ER
Jodie Dobb	JD	Szymon Swiatek	SS
Eve Edwards	EE	Fitness Team	FT
Beth Fisher	BF	Dorota Wietczak	DW
Felicity Garland	FG		

## Friday

06.00 - 20.30	FT	Fitness Suite open	2
06.00 - 18.00	FT	Junior Fitness*	2
06.45 - 07.30	PD	Active Step N Tone (L)	1
07.00 - 07.30	FT	Active Synrgy	2
08.15 - 09.00	PD	Active Dancefit (L)	1
09.15 - 10.15	EE	Active Pilates	1
09.30 - 10.00	FT	Active Synrgy	2
10.30 - 11.30	CP	Active Yoga	5
17.15 - 17.45	FT	Active Synrgy	2
17.45 - 18.30	DA	Active Cycle (CBC)	1
18.45 - 19.30	DA	Active Cycle	1

## Saturday

08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.30 - 09.15	MA/PD	Active Body Conditioning	1
09.30 - 10.30	LK	Active Yoga	1
10.30 - 11.00	FT	Active Synrgy	2
16.45 - 17.15	FT	Free Weights Fundamentals	2

## Sunday

08.00 - 18.00	FT	Fitness Suite open	2
08.00 - 14.30	FT	Junior Fitness*	2
08.45 - 09.30	FG	Active Cycle	1
10.30 - 11.00	FT	Active Synrgy	2
11.15 - 11.45	FT	Free Weights Fundamentals (ladies)	2

### CUSTOMER INFORMATION (WE ARE CLOSED BANK HOLIDAYS)

**CLEANING PROGRAMME** - All activity areas and equipment cleaned regularly throughout the day.

**(L)** Motivational lighting may be used in this class

**\*JUNIOR FITNESS** – 8-15yrs. Juniors can access the Fitness Suite outside of Junior Fitness times if accompanied by a responsible adult. Juniors aged 14 & 15yrs can only use the Free Weights equipment after completing the additional Free Weights Induction. Unlimited use.

Xp Synrgy 11-15 yrs – From School Year 7

Free Weights Fundamentals – ages 16yrs+ or having passed 3-part Free Weights Induction

**AGE/HEIGHT RESTRICTIONS** – Min age 12yrs for water-based classes and 14yrs for weight-bearing classes when accompanied by an adult. Active Cycle min height of 5ft.

**(CBC)** Coach By Colour