

SEPTEMBER - DECEMBER 2018

THE BAY SPORTS STUDIOS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--------|---|--------|
| 17.45 - 18.30 B.L.T. 3* Aimee Studio | NEW! 18.00 - 18.45 BODY COMBAT™ 3* Gabbie Studio | 18.10 - 19.10 BODY COMBAT™ 3* Stuart Studio | 17.45 - 18.30 B.L.T. 3* Aimee Studio | | 08.30 - 09.15 POUND 3* Helen Studio | |
| 18.30 - 19.15 BALLET FIT 3* Roberta Studio | 18.45 - 19.30 BODY ATTACK™ 3* Gabbie Studio | 19.15 - 20.15 YOGA FOR ALL 3* Chloe Studio | NEW! 18.30 - 19.20 YOGA FOR ALL 3* Robin Studio | | 09.15 - 10.00 BODY ATTACK™ 3* Helen Studio | |
| 19.15 - 20.00 ZUMBA® 3* Roberta Studio | 19.30 - 20.15 BODY BALANCE™ 3* Gabbie Studio | | NEW! 19.30 - 20.20 YOGA FOR ALL 3* Robin Studio 2 | | 10.00 - 10.45 BODY BALANCE™ 3* Helen Studio | |
| 20.05 - 21.05 TAI CHI 3* Sue Studio 2 | | | 19.30 - 20.30 THERAPY PILATES 3* Carol Studio | | | |
| 20.10 - 21.10 THERAPY PILATES 3* Carol Studio | | | | | | |

Bay Studio Monthly Membership

We have also created a special membership for Bay Studio customers:

For just **£28.00 per month**, Bay Studio membership will include unlimited free access to all fitness classes at the Bay Sports Studios and 4* membership benefits and prices at all other Active Life centres.

- Energetic workouts to burn calories & raise heart rate
- Strength, core stability, flexibility, relax & energise
- Combination of energetic workout & muscular strength & endurance
- Dance or martial arts
- Gentle Workouts

All fitness classes can be booked via the app, online or by telephone and can be made 7 days in advance of the class. Booking is strongly advised for all fitness classes. Not only will this ensure your place in the class, but also if a class is cancelled we will be able to inform you at the earliest opportunity.

If a booking needs to be cancelled, please give as much notice as possible to allow your place to be filled.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.

On occasion it may be necessary for a class to be cancelled or for the class instructor to be changed, Active Life reserves the right to do this at anytime. Where possible advance notice will be given to those members who have booked the affected class, however where circumstances are beyond our control, this may not always be possible.

If you are new to the class please arrive before the warm-up commences, allowing appropriate time to discuss with the instructor your suitability for the class. Participants will not be allowed in the fitness studios once the warm-up has commenced. Please ensure you have read the full studio guidelines, which are located in each studio.