


SEPTEMBER - DECEMBER 2018

WHITSTABLE POOL & SPORTS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.15 - 12.00 AQUA WSP Peak 3* Lyneseey Main Pool	10.00 - 10.45 DEEP AQUA WSP Peak Grace Main Pool	11.00 - 11.45 AQUA WSP Peak 3* Jo Main Pool	10.45 - 11.45 WATER BABIES WSP 3* Michaela Small Pool	12.00 - 12.45 AQUA WSP Peak 3* Lindsey Main Pool	12.00 - 14.00 TEEN TRAINING WSP 3* Instructor Gym	09.00 - 09.45 PILATES FOR ALL WSC 3* Sean Studio
12.00 - 12.45 AQUA WSP Peak 3* Jo Main Pool	11.30 - 12.30 WATER BABIES WSP 3* Michaela Small Pool	18.30 - 19.30 DANCE MIX WSC Kealy Studio	11.15 - 12.00 AQUA WSP Peak 3* Jo Main Pool	18.30 - 19.30 BODY PUMP™ WSC 3* Dan Studio	12.00 - 17.00 FAMILY TRAINING WSP 3* Instructor Gym	09.50 - 10.35 HIIT THE CIRCUIT WSC 3* Sean Studio
18.35 - 19.20 B.L.T. WSC Dan Studio	16.30 - 17.30 TEEN TRAINING WSP 3* Instructor Gym	19.00 - 19.45 AQUA WSP Off Peak 3* Lindsey Main Pool	16.30 - 17.30 TEEN TRAINING WSP 3* Instructor Gym		12.00 - 17.00 FAMILY TRAINING WSC 3* Instructor Gym	10.45 - 11.45 BODY PUMP™ WSC 3* Sean Studio
19.30 - 20.15 AQUA ATTACK WSP Peak Jo Main Pool	18.30 - 19.15 AEROTONE WSC Aimee Studio	19.30 - 20.15 CIRCUITS WSC Lucy Studio	NEW! 18.30 - 19.20 B.L.T. WSC Sean Studio			12.00 - 14.00 TEEN TRAINING WSP 3* Emma Gym
19.30 - 20.15 PILATES FOR ALL WSC Helen Studio	19.15 - 20.00 15/15/15 WSC Aimee Studio	19.45 - 20.30 AQUA NATAL WSP Off Peak 3* Lindsey Main Pool	19.30 - 20.15 PILATES FOR ALL WSC Sean Studio			12.00 - 17.00 FAMILY TRAINING WSP 3* Instructor Gym
20.15 - 21.00 PILATES FOR ALL WSC 3* Helen Studio	20.00 - 20.30 ABS BLAST WSC 3* Aimee Studio	19.45 - 20.30 DEEP AQUA WSP Off Peak 3* Jo Main Pool	20.15 - 21.00 BODY PUMP™ WSC 3* Sean Studio			12.00 - 17.00 FAMILY TRAINING WSC 3* Instructor Gym
20.15 - 21.00 AQUA WSP Off Peak 3* Lyneseey Main Pool	20.30 - 21.15 BODY BALANCE™ WSC 3* Aimee Studio	20.15 - 21.00 BODY PUMP™ WSC 3* Lucy Studio				
	20.45 - 21.30 SWIM FIT WSP 3* Glenn Main Pool Charged at Swim Rate					

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

- Aqua Aerobics
- Kids / Teen sessions
- Gentle workouts

 **Whitstable Swimming Pool**
Tower Parade, Whitstable, Kent, CT5 2BJ

 **Whitstable Sports Centre**
Bellevue Road, Whitstable, Kent, CT5 1PX

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 you must give notice to avoid a charge.

Day classes (6:00am to 5:00pm) must be cancelled by 6.00pm on the previous day to avoid a £4.00 charge.

Evening classes (5:00pm – 10:00pm) must be cancelled by 10.00am on the day of the class to avoid a £4.00 charge.

Cancellations within 3 hours of the class start time will incur a charge of £6.40 for a fitness class and £7.00 for a mind and body class. **Unattended classes** (no show) will incur a charge of the non-member class rate.

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 any time. 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.