

# SEPTEMBER - DECEMBER 2019

## WHITSTABLE POOL & SPORTS CENTRE

### Whitstable Sports Centre

Bellevue Road, Whitstable, Kent, CT5 1PX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15.00 - 17.00 <b>TEEN TRAINING</b> 3* Instructor Gym	18.30 - 19.15 <b>AEROTONE</b> Aimee Studio	15.00 - 17.00 <b>TEEN TRAINING</b> 3* Instructor Gym	18.30 - 19.20 <b>B.L.T.</b> Sean Studio	15.00 - 17.00 <b>TEEN TRAINING</b> 3* Instructor Gym		09.00 - 09.45 <b>PILATES FOR ALL</b> 3* Sean Studio
18.35 - 19.20 <b>B.L.T.</b> Dan Studio	19.15 - 20.00 <b>15/15/15</b> Aimee Studio	18.30 - 19.30 <b>DANCE MIX</b> Kealy Studio	19.30 - 20.15 <b>PILATES FOR ALL</b> Sean Studio	18.30 - 19.30 <b>BODY PUMP™</b> 3* Dan Studio		09.50 - 10.35 <b>HIIT THE CIRCUIT</b> 3* Sean Studio
<b>NEW</b> 19.30 - 20.15 <b>PILATES FOR ALL</b> Micheala Studio	20.00 - 20.30 <b>ABS BLAST</b> 3* Aimee Studio	19.30 - 20.15 <b>CIRCUITS</b> Lucy Studio	20.15 - 21.00 <b>BODY PUMP™</b> 3* Sean Studio			10.45 - 11.45 <b>BODY PUMP™</b> 3* Sean Studio
<b>NEW</b> 20.15 - 21.00 <b>PILATES FOR ALL</b> 3* Micheala Studio	20.30 - 21.15 <b>BODY BALANCE™</b> 3* Aimee Studio	20.15 - 21.00 <b>BODY PUMP™</b> 3* Lucy Studio				

### Whitstable Swimming Pool

Tower Parade, Whitstable, Kent, CT5 2BJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.15 - 12.00 <b>AQUA</b> Peak   3* Lynesey Main Pool	10.00 - 10.45 <b>DEEP AQUA</b> Peak   3* Grace Main Pool	11.00 - 11.45 <b>AQUA</b> Peak   3* Jo Main Pool	10.45 - 11.45 <b>WATER BABIES</b> 3* Michaela Small Pool	12.00 - 12.45 <b>AQUA</b> Peak   3* Lindsey Main Pool	12.00 - 14.00 <b>TEEN TRAINING</b> 3* Instructor Gym	12.00 - 14.00 <b>TEEN TRAINING</b> 3* Emma Gym
12.00 - 12.45 <b>AQUA</b> Peak   3* Jo Main Pool	11.30 - 12.30 <b>WATER BABIES</b> 3* Michaela Small Pool	19.00 - 19.45 <b>AQUA</b> Off Peak   3* Lindsey Main Pool	11.15 - 12.00 <b>AQUA</b> Peak   3* Jo Main Pool		12.00 - 17.00 <b>ADULT &amp; TEEN TRAINING</b> 3* Instructor Gym	12.00 - 17.00 <b>ADULT &amp; TEEN TRAINING</b> 3* Instructor Gym
19.30 - 20.15 <b>AQUA ATTACK</b> Peak   Jo Main Pool	16.30 - 17.30 <b>TEEN TRAINING</b> 3* Instructor Gym	19.45 - 20.30 <b>AQUA NATAL</b> Off Peak   3* Lindsey Main Pool	16.30 - 17.30 <b>TEEN TRAINING</b> 3* Instructor Gym			
20.15 - 21.00 <b>AQUA</b> Off Peak   3* Lynesey Main Pool	20.45 - 21.30 <b>SWIM FIT</b> 3* Glenn Main Pool Charged at Swim Rate	19.45 - 20.30 <b>DEEP AQUA</b> Off Peak   3* Jo Main Pool				

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

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.

**Over 2 hours notice:** classes must be cancelled more than 2 hours before the class start time to avoid a charge.

**Under 2 hours notice:** classes cancelled within 2 hours of the start time will be charged at 50% of the non-member rate.

**No notification/ no show:** no shows will be charged at the full 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 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.