

SOUTH CAVE SPORTS CENTRE - EXERCISE CLASS PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM			Aerobics 9:15 - 10:15	Spinning 9:15 - 10:00	
Evening Classes	Pilates 18:30 - 19:15	Spinning 18:15 - 19:00	Pilates 18:15 - 19:00		
	Ladies Keep-Fit 19:15 - 20:15			Step Aerobics 19:00 - 20:00	Ladies Keep-Fit 19:15 - 20:15
	Pilates 19:30 - 20:15			Legs, Bums & Tums 19:00 - 20:00	
	Pilates 20:30 - 21:15				
Class Descriptions	Pilates Improves posture, strength, flexibility and boosts energy leaving your body and mind in balance.	Spinning Indoor cycling is a workout led by an instructor. Classes are extremely motivating, easy to follow and an effective fat burning workout.	Aerobics/Step Aerobics Aerobics is an ideal way to improve fitness and burn calories. Easy to learn fun movements to music.	Legs, Bums & Tums Fab Abs, a class for lower body and mid-section especially legs, bums and tums!	Ladies Keep-Fit Build your strength, stamina and overall fitness with the use of circuits and stability balls.