

# Fitness class programme

## Classes start Tuesday 3 January 2012

### Key

**B** beginner level and 6 week course for total beginners. Must be completed before attending a general level yoga / Pilates class

**G** general level class, suitable for all

**I** intermediate level class, suitable for those who are experienced with exercise and wanting more of a challenge

**A** advance level class, suitable for those with plenty of experience

**O50** class aimed for over 50's

**Ref** referral only classes

\* all participants must have completed a 6 week beginners course or are experienced in yoga / Pilates before attending the class

## Teddington Pools & Fitness Centre

Vicarage Road

Teddington TW11 8EZ

Phone: 020 8977 9911

Email: [leisure@richmond.gov.uk](mailto:leisure@richmond.gov.uk)



			Leisure Card price in bold		
<b>Monday</b>					
Body tone	9.30-10.30am	G	Naomi	<b>£5.80</b>	£6.60
Pilates	10.30-11.30am	G*	Naomi	<b>£5.80</b>	£6.60
Nifty fifties	11.30-12.30pm	O50	Carlie	<b>£4.10</b>	£4.50
Aqua	11.30-12.15pm	G	Nikki	<b>£4.20</b>	£4.60
Spinning	1.00-1.45pm	G	Rachel	<b>£5.80</b>	£6.60
Falls prevention	2.00-3.00pm	Ref	Naomi	<b>£3.20</b>	N/A
COPD	3.30-4.30pm	Ref	Matt	<b>£3.20</b>	N/A
Spinning	6.05-6.50pm	G	Paul	<b>£5.80</b>	£6.60
Zumba	7.00-8.00pm	G	Sydney	<b>£5.80</b>	£6.60
Pilates	8.00-9.00pm	G*	Nikki	<b>£5.80</b>	£6.60

<b>Tuesday</b>					
Pilates	9.30-10.30am	G*	Naomi	<b>£5.80</b>	£6.60
Iyengar yoga	10.30-11.45am	G*	Dolores	<b>£5.80</b>	£6.60
Boxercise	1.00-1.50pm	G	Matt	<b>£5.80</b>	£6.60
Active living	2.00-3.00pm	Ref	Matt	<b>£3.20</b>	N/A
Zumba	6.00-7.00pm	G	Michelle	<b>£5.80</b>	£6.60
Tai Chi	7.00-8.00pm	G	Andi	<b>£5.80</b>	£6.60
50/50	8.00-9.00pm	G	Nikki	<b>£5.80</b>	£6.60

<b>Wednesday</b>					
Spinning	7.00-7.45am	G	Carlie	<b>£5.80</b>	£6.60
Legs, bums & tums	9.30-10.15am	I	Jenny	<b>£5.80</b>	£6.60
Pilates	10.15-11.15am	G/I*	Jenny	<b>£5.80</b>	£6.60
Active living	11.30-12.30pm	Ref	Matt	<b>£3.20</b>	N/A
Nifty fifties	2.00-3.00pm	O50	Nikki	<b>£4.10</b>	£4.50
Zumba	5.30-6.30pm	G	Louise	<b>£5.80</b>	£6.60
Pump it Up	6.30-7.30pm	G	Nikki	<b>£5.80</b>	£6.60
Dance	7.30-8.30pm	G	Annabelle	<b>£5.80</b>	£6.60
Aqua	7.30-8.15pm	G	Nikki	<b>£4.80</b>	£5.40
Pilates	8.30-9.30pm	I/A*	Nikki	<b>£5.80</b>	£6.60

<b>Thursday</b>					
Zumba	9.30-10.30am	G	Charlotte	<b>£5.80</b>	£6.60
TBC	1.00-1.45pm	G	TBC	<b>£5.80</b>	£6.60
COPD	2.00-3.00pm	Ref	Matt	<b>£3.20</b>	N/A
Active living with mental health	3.30-4.30pm	Ref	Matt	<b>£2.20</b>	N/A
Spinning	6.05-6.50pm	G	Paul	<b>£5.80</b>	£6.60
Cardio legs, bums & tums	7.00-8.00pm	I	Naomi	<b>£5.80</b>	£6.60
Boxercise	8.00-9.00pm	G	Matt	<b>£5.80</b>	£6.60

<b>Friday</b>					
Iyengar yoga	10.30-11.45am	G*	Jackie	<b>£5.80</b>	£6.60
Aqua	11.30-12.15pm	G	Stuart	<b>£4.20</b>	£4.60
Active living	3.30-4.30pm	Ref	Matt	<b>£3.20</b>	N/A
Zumba	6.00-7.00pm	G	Hannah	<b>£5.80</b>	£6.60

<b>Saturday</b>					
Zumba	9.15-10.15am	G	Anna	<b>£5.80</b>	£6.60
Aerobics	10.15-11.15am	I	Carlie	<b>£5.80</b>	£6.60
Body Tone	11.15-12.15pm	G	Carlie	<b>£5.80</b>	£6.60

<b>Sunday</b>					
Iyengar yoga	9.00-10.15am	G*	Jackie	<b>£5.80</b>	£6.60
Spinning	10.30-11.30am	G/I	Joe	<b>£5.80</b>	£6.60
Zumba	11.30-12.30pm	G	TBC	<b>£5.80</b>	£6.60