



# 1 January – 31 January 201 Health and Fitness Timetable

There will be no classes Tuesday 1 and Monday 28 January

## Aqua

	Mon	Tues	Wed	Thurs	Fri
9.30am	<b>H20 No Limits</b> <i>Jenny</i>	<b>H20 No Limits</b> <i>Mel</i>	<b>H20 No Limits</b> <i>Holly</i>	<b>H20 No Limits</b> <i>Pat</i>	<b>H20 Young at Heart</b> <i>Mel</i>
7.05pm	<b>H20 No Limits</b> <i>Pat</i>			<b>H20 No Limits</b> <i>Pat</i>	

*\*Please note classes and instructors may change without notice.*

## Aqua

**H20 No Limits:** 'Celebrate your Lifestyle Future'. This fabulous, simple to follow aqua program is an amazing way to get started in our Lifestyle Zone. Includes toning with the aqua dumbbells and woggles. Suitable for everyone!

**Young at Heart:** A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50years.

## **Sandcastle Crèche**

***Monday 8.45am -12.45pm***

***Monday evening 5pm – 8pm***

***Tuesday, Wednesday, Thursday & Friday 8.45am -12pm***

***Saturday 8.15am – 11.45am***

- Sandcastles Crèche is available for children between 8 weeks and primary school age.
- Sandcastles Crèche dockets will be issued by reception staff.
- Please allow time before class to sign & settle children into Sandcastles Crèche.
- Parents will be called to Sandcastles Crèche if their child/children become distressed or unwell.
- Discounts, online booking and multi-visit crèche passes are available to BLCS members
- **Please note that Sandcastles Crèche is a peanut free zone.**