

1 October – 31 October 2017 Health and Fitness Timetable

Aqua

	Mon	Tues	Wed	Thurs	Fri
9.30am	H20 No Limits <i>Mel</i>	H20 No Limits <i>Mel</i>	H20 No Limits <i>Mel</i>	H20 No Limits <i>Pat</i>	H20 Young at Heart <i>Mel</i>
7.05pm	H20 No Limits <i>Pat</i>			H20 No Limits <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 docket 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.**