

adult fitness for 2012

monday

Bowls *

9.00 ~ 11.00am

11.00 ~ 1.00pm

Aerobics

7.00 ~ 8.00pm

Indoor Cycling

6.15 ~ 6.45pm

6.50 ~ 7.20pm

tuesday

Legs Bums & Tums

9.15 ~ 10.15am

Pre & Post Natal

9.30 ~ 10.30am

Pilates *

9.30 ~ 10.30am

Indoor cycling

6.15 ~ 6.45pm

Flexi bar Workout

6.15 ~ 7.00pm

Body Combat

7.00 ~ 8.00pm

wednesday

Healthy Hearts

9.30 ~ 10.30am

Cardiac Rehab phase 4

10.30 ~ 11.30am

Circuit Blast

6.30 ~ 7.25pm

Circuit Football

7.30 ~ 8.00pm

Body Combat

7.30 ~ 8.30pm

Indoor Cycling

6.15 ~ 7.00pm

Pilates Advanced *

6.30 ~ 7.25pm

Pilates Intermediate *

7.30 ~ 8.25pm

thursday

Tennis *

7.00 ~ 9.00pm

Indoor Cycling

6.30 ~ 7.00pm

Indoor Cycling

7.05 ~ 7.50pm

friday

Indoor Cycling 50+

9.30 ~ 10.15am

Body Combat

9.30 ~ 10.30am

Health Circuits

2.00 ~ 3.00pm

White Collar Boxing

6.00 ~ 7.00pm

Indoor Cycling

6.15 ~ 6.45pm

saturday

The Max Boot Camp

9.30 ~ 10.30am

(Non military style)

* Run as a course, term time. For more information or to book on a course please contact :

Verwood Leisure Centre 01202 821007 The Hub, Verwood 01202 828740

www.verwoodleisure.co.uk

www.thehubverwood.co.uk

*Term time course

Verwood Leisure Centre

Potterne Park, Verwood

The Hub, Verwood

