

## Fishguard Leisure Centre Group Exercise Timetable February 26<sup>th</sup> – April 15<sup>th</sup> 2018

### Monday

0915-1045 \*Yoga\*  
1230-1300 Synrgy  
1730-1800 Synrgy  
1800-1900 Circuits  
1800-1900 Dance Fusion  
1915-2015 Cycle Fit Spin

### Tuesday

0730-0800 Synrgy  
1015-1115 Aqua Fit Starts January 23<sup>rd</sup>  
0915-1000 Spin 4 All  
1115-1215 \*Adult Swimming Lessons  
(Beginners)\*  
1315-1400 Over 50's rowing  
1430-1530 Mixed Pilates  
1715-1815 Kettlebells  
1800-1900 Spin 4 All  
1815-1915 Advanced Pilates  
1900-2000 Adult Swimming Lessons  
1915-2000 Beginners Spin  
1915-2015 Intermediate Pilates  
2000-2100 Adult Swim Coaching/Masters

\*Course\*

\*\*This class is suitable for adults with  
a learning disability

For a copy in large print, Braille, audio tape or  
an alternative language, please call:

**01437 776613**

Booking is essential for all classes. To book  
or for further information please contact us  
on:

**01437 775504**

### Wednesday

0930-1000 NEW Beginners Synrgy  
1215-1245 Synrgy  
1430-1530 Gentle Keep Fit  
1700-1800 Core & Stretch  
1730-1830 Spin 4 All  
1730-1800 Synrgy  
1815-1915 Bar & Bell  
1800-1900 Body Conditioning  
1900-2000 Beginners Pilates  
1845-1945 Cardio 20/20/20

### Thursday

0930-1000 Synrgy  
1000-1030 Express Spin 4 All  
1115-1215 Aqua Fit (Week B)  
1200-1300 Aqua Fit (Week A)  
1300-1700 Bi-Weekly Walks  
1500-1545 \*Aerobics\*  
1730-1800 Synrgy  
1830-2000 \*Yoga\*  
1830-1930 Cardio Combat

### Friday

0730-0800 Synrgy  
0900-1000 Strength & Balance Synrgy  
1015-1200 \*\*Let's Get Active  
1030-1200 Friday Leisure Club  
1700-1800 Intermediate/ Advanced  
Pilates  
1800-1845 Step, Tone and Balance  
1845-1930 Step Master Class

### Saturday

0930-1000 Synrgy

