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Sportspark

05 **Aerobics and Dance Classes**

With a wide range of classes, daytime or evening, there's always a class to suit you.

Our fantastic air-conditioned studio has a sprung wooden floor and superb views across Earlham Park.

Best of all, there's no need to book – just get your ticket at Reception and join the class.



Aerobics & Dance Classes

All our instructors are fully qualified, insured and more importantly welcoming and enthusiastic. They want to make sure that you get the most out of your class.

Monday	09:15-10:15	50+ Aerobics (FILL)
	11:00-12:00	Aquafit & Swim (Pool)
	12:15-13:05	Body Conditioning
	13:10-14:00	Aerobics
Tuesday	12:15-13:05	Aerobics
	13:10-14:00	Body Conditioning: Low Impact
	17:30-18:30	Aerobics
	18:30-19:30	Step Aerobics
	19:30-20:30	Step Aerobics
Wednesday	12:15-13:05	Step Aerobics
	13:10-14:00	Fitness Pilates
	14:00-15:00	Aquafit & Swim(Pool)
	17:30-18:30	Body Toning
	18:30-19:30	Aerobics - Hi/Lo
Thursday	17:30-18:30	Body Conditioning
	18:30-19:30	Aerobics
Friday	12:00-12:55	Step & Tone Aerobics
	17:30-18:30	Zumba
	18:30-19:30	Functional Body Conditioning
Saturday	10:00-11:00	Step Aerobics
	11:00-12:00	Body Toning

Classes offered by private hirers include Zumba, Zumba Gold and NIA. Leaflets with times and prices are available from Reception.

Timetable & programme are correct at time of printing and are subject to change. Updates are displayed at Sportspark and on the website.

User Type	Single	Multi-Buy(5)	Pool Classes
Educational	£4.00	£11.00	£3.50
Bronze, Silver & Gold	£4.00	£16.00	£3.50
Green	£4.40	£22.00	£4.40
Pay & Play	£5.00	£22.00*	£5.00

*Non-Members pay a Guest Fee of 60p per person per visit.

Call now on 01603 592 398 or visit us at www.sportspark.co.uk