

SAV CIRCUITS

MONDAYS | 7PM - 7:45PM

£4.50

Circuit training is the ultimate fitness class, giving you high impact cardio training as well as working all of your muscle groups while incorporating bodyweight and weights.

AQUACISE

WEDNESDAYS
5:30PM - 6:30PM
£4.50 PER SESSION

Spinning Classes

Thursdays

5.30pm – 6.15pm

£4.50

You are advised to book as there are only 5 places per class

For more details please contact reception



‘the original and most popular
group cycling class’

YELL LEISURE CENTRE