

# 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**

# 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**