

Price List

| DAY | TIME | CLASS | PRICE |
|-----------|-----------------|----------------|-------|
| MONDAY | 6.00pm - 7.00pm | ZUMBA | £2.50 |
| MONDAY | 7.00pm - 8.00pm | WATER AEROBICS | £2.20 |
| TUESDAY | 6.00pm - 7.00pm | AQUA NATAL | £3.00 |
| WEDNESDAY | 6.00pm - 7.00pm | ZUMBA | £2.50 |
| THURSDAY | 6.15pm - 7.00pm | AQUA ZUMBA | £3.50 |

AQUA NATAL - A fitness class for ladies with a qualified midwife.

TOTAL FITNESS MEMBERS

Fitness Classes are included in your membership.

You are still required to book at Reception as most classes are subject to availability.



THERE'S NEVER BEEN A BETTER TIME TO GET FIT & ACTIVE!

Everyone has made those New Year's resolutions. The ones where you promise yourself your going to go to the gym everyday? Sound familiar?

Now there are no more excuses!

Here at Castle View Community & Fitness Centre we can help you stick to your resolutions. We have a fully equipped gymnasium, 20 metre swimming pool, a wide range of activities and events for the whole family to enjoy and fully trained, committed and friendly staff.

Please telephone **0191 553 5539** or call into the Centre for more information.

Castle View Community & Fitness Centre



Fitness Class Timetable & Information

FOR MORE INFORMATION PLEASE CONTACT THE
COMMUNITY & FITNESS CENTRE RECEPTION ON

0191 553 5539

Castle View Community & Fitness Centre is committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment

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PLEASE NOTE

Payment is required to secure your place in any of our classes.

Refunds will not be given if you later wish to cancel your place.

You must be over 14 to attend a class and all classes are ran subject to availability.

Water Aerobics - Ladies Only

An energetic water based aerobic session lead by a fully qualified swimming coach.

The class uses floats within the water for added resistance. A very good cardiovascular work out whilst getting toned at the same time.

This class is open to women **over the age of 14 only**. All children under 16 **must** be accompanied by an adult.

Aqua Zumba

A water-based version of Zumba.

Just don't forget your swimming costume!

PLEASE NOTE

All the classes held at the Community & Fitness Centre have proved to be extremely popular.

We strongly advise you to phone or drop into the centre's Reception to check availability and reserve your place on any of the classes we provide.

Thank You

