



YOUTIME

MAKE TIME FOR YOU

CLASS	ADULT	OVER 60'S	BUDGET	HIGHLIFE ALL INC.	Description
Pilates Monday 12.15 - 1.15pm	£5.50	£2.75	50p	FREE	Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture
Aerotone Tuesday 10.00 - 11am	£5.50	£2.75	50p	FREE	Low level aerobics & toning for the more mature adult or as a low level introduction to fitness
Otago Tuesday 11.45-12.45pm	£5.50	£2.75	50p	FREE	Strength and balance programme designed to improve your posture, stability and health. It will enhance your confidence and feeling of wellbeing. OTAGO promotes quality of life and encourages independent living and it is a clinically proven Falls Prevention Programme All exercises can be done either standing or seated and will be tailored to suit your needs.
Pilates Wednesday 10-11am	£5.50	£2.75	50p	FREE	Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture
Supervised Gym Wednesday 11-12pm	£5.50	£2.75	50p	FREE	Assisted in our newly equipped fitness suite by a professional Gym Instructor / Personal Trainer at a pace that is right for you
Workout + Friday 11.30-12.30pm	£5.50	£2.75	50p	FREE	