

CLUBS AND CLASSES

Yoga's last session this year will be the 26/11/2018. Classes will resume in the New Year. Starting 14/1/2019

Classes included in annual membership:

Day	Time	Class	Level	Venue	Instructor
Monday	1930-2100	Yoga	All Levels	Stables	Sue
Tuesday	1800-1900	Aerotone	Intermediate/Advanced	Studio	Jules
Tuesday	1900-2000	Cardiostep	Intermediate/Advanced	Studio	Jules
Tuesday	1930-2030	Swimfit	Intermediate/Advanced	Pool	Ruth
Thursday	1800-1900	Insanity	All Levels	Studio	Jules
Thursday	1900-2000	Body Sculpt	All Levels	Studio	Jules

Other Clubs/Classes:

Monday	Club/Class	Level/Age	Venue	Instructor
1840-1940	Warrington Water Polo	10-12 Years	Pool	Warrington Water Polo
1840-2010	Warrington Water Polo	12+ Years	Pool	Warrington Water Polo
1815-1915	Circuits	All Levels	Small Gym	Huw Thomas
1945-2045	Zumba	All Levels	Small Gym	Hayley Shatliff Smith
2000-2200	Soccer Zone	Adults	All Weather Pitch	Soccer Zone
Tuesday	Club/Class	Level/Age	Venue	Instructor
1800-1900	Gymnastics	All Levels	Sports Hall	Bev Smith
1800-2000	Taekwondo	All Levels	Sports Hall	Matt Cheadle
1830-1915	Adult Swimming Lessons	Beginners	Pool	Nancy&Charlotte
Wednesday	Club/Class	Level/Age	Venue	Instructor
1730-1930	Karate	8+ Years	Sports Hall	Dave Shipton
1900-2000	Pilates	All Levels	Studio	Vikki Davies
1830-1930	Zumba	All Levels	Small Gym	Hayley Shatliff Smith
Friday	Club/Class	Level/Age	Venue	Instructor
1900-2200	Lymm Bowling Club	All Levels	Small Gym	Ken Scully
Saturday	Club/Class	Level/Age	Venue	Instructor
0900-1300	Gymnastics	All Levels	Sports Hall	Bev Smith
0900-1300	Little Kickers	All Levels	Sports Hall	Little Kickers

Club/Class Telephone Contacts

Hayley Shatliff Smith	07912562621	Dave Shipton	01925 753320
Bev Smith	07955185888	Vikki Davies	07977309099
Soccer Zone	01617 629746	Active Soccer	08448 223932
Warrington Water Polo	01925 697172/07879402641	Charlotte Collins	07713018508
Ken Scully	01925 759198	Matt Cheadle	07525340284
Little Kickers	01614 425713	Jules	07790575825

New class starting from 8th of January 2019

Day	Time	Class	Level	Venue	Instructor
Tuesday	1800-1900	Aerobics	All Levels	Studio	Jules
Tuesday	1900-2000	Pure Step	All Levels	Studio	Jules
Thursday	1800-1900	Insanity	Intermediate/Advanced	Studio	Jules
Thursday	1900-2000	Total Body Conditioning	All Levels	Studio	Jules