

# CLUBS AND CLASSES

Classes included in annual membership:

Day	Time	Class	Level	Venue	Instructor
Monday	1930-2100	Yoga	All Levels	Stables	Helen
Tuesday	1800-1900	Aerobics	All Levels	Studio	Jules
Tuesday	1900-2000	Pure Step	All Levels	Studio	Jules
Tuesday	1930-2030	Swimfit	Intermediate/Advanced	Pool	Ruth
Thursday	1800-1900	Insanity	Intermediate/Advanced	Studio	Jules
Thursday	1900-2000	Total Body Conditioning	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