

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
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
1945-2045	Zumba	All Levels	Small Gym	Hayley Shatliff Smith
Tuesday				
1800-1900	Gymnastics	All Levels	Sports Hall	Bev Smith
1800-2000	Taekwondo	All Levels	Sports Hall	Matt Cheadle
1800-1900	Circuits	All Levels	Small Gym	Huw Thomas
1830-1915	Adult Swimming Lessons	Beginners	Pool	Nancy&Rick
Wednesday				
1730-1930	Karate	8+ Years	Sports Hall	Dave Shipton
1830-1930	Zumba	All Levels	Small Gym	Hayley Shatliff Smith
1900-2000	Pilates	All Levels	Studio	nts
Friday				
1830-2100	Lymm Bowling Club	All Levels	Small Gym	Ken Scully
Saturday				
0900-1300	Gymnastics	All Levels	Sports Hall	Bev Smith
0900-1200	Little Kickers	All Levels	Sports Hall	Little Kickers
Sunday				
1030-1130	Karate	All Levels	Small Gym	Dave Shipton

Club/Class Telephone Contacts

Hayley Shatliff Smith	07912562621	Dave Shipton	01925 753320
Bev Smith	07955185888	Ken Scully	01925 759198
Little Kickers	01614 425713	Jules	07790575825
Warrington Water Polo	01925 967172/07879402641	Matt Cheadle	07525340284
Nts	07398718535		