



FARMOR'S
SPORT & FITNESS



Group Fitness Class Programme

Guide to Fitness Classes



Here at Farmors Sports Centre we offer a varied programme of fitness classes to suit people of all ages and levels of fitness.

Our qualified instructors are full of enthusiasm and motivation to help you look and feel great – so come along and enjoy the experience for yourself! Our classes are held in an array of locations around the centre. Come in or phone for more information.

To help you decide which class will suit your needs the best we have categorised them into 3 levels:

Level 1: This light introductory level is for those new to exercise or who have not done a class of this type before.

Level 2: A moderate, more demanding level with more intense exercise and increase in skill level.

Level 3: The demands on all aspects of fitness are now high. A hard, energetic class for the regular, fit participant.

PRICES

| | |
|--------------------------|-------|
| Total Anytime Members | FREE |
| LDC Members | £5.00 |
| LDC Members (Concession) | £4.40 |
| Non Members | £5.80 |

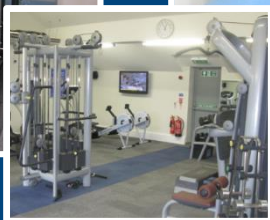
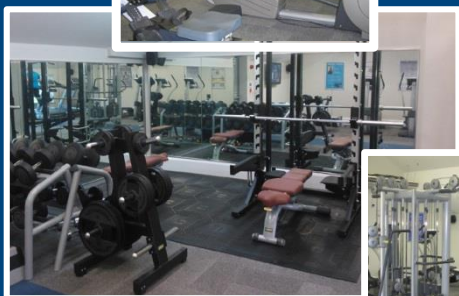
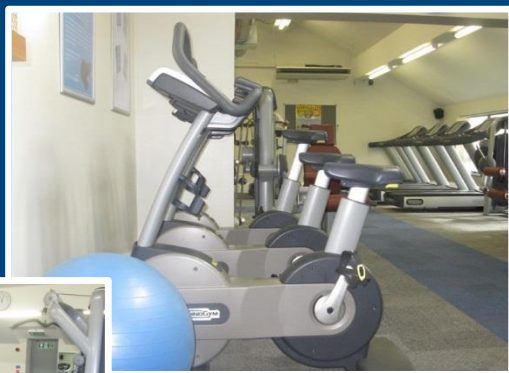
50+ Fitness & U3A Keep Fit

| | |
|-------------|-------|
| LDC Members | £3.00 |
| Non Members | £3.50 |



| Monday | Time | Level |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------|
| Total Circuits – An energetic mix of aerobic and resistance training to give you a complete cross training workout. | 7.05pm - 8.00pm | 2, 3 |
| Tuesday | | |
| U3A Keep Fit (Palmer Hall) – A fun and varied low intensity aerobics class incorporating some light circuit training. | 9.15am - 10.15am | 1 |
| Bootcamp – The ultimate workout for full body strength and conditioning, incorporating a wide range of speed, agility, stamina, and conditioning exercises. | 7.05pm - 8.00pm | 2, 3 |
| Wednesday | | |
| 50+ Fitness (Fairford Community Centre) – A relaxed and friendly circuits based class involving low impact exercises using hand weights and aerobic exercise. | 9.30am - 10.30am | 1 |
| 20/20/20 - Cardio/Conditioning/Core – Three workouts in one! Designed to give the ultimate challenge and a total body workout with 20 mins Cardio, 20 mins Conditioning and 20 mins Core. | 7.05pm - 8.00pm | 1, 2, 3 |
| Thursday | | |
| Body Blitz – A resistance based exercise class that combines high and low impact moves with toning and stretching. | 6.00pm - 7.00pm | 2, 3 |
| Friday | | |
| Aerobics (Palmer Hall) – A popular all over body workout. | 9.00am - 10.00am | 1,2 |
| Recreational Kickboxing – A freestyle kickboxing class with a mix of cardio and core stability work using gloves, pads and focus mitts. A great class for improving fitness levels and learning self-defence techniques. Grading available on request. | 6.05pm - 7.00pm | 2, 3 |

Join the Gym & get your classes for free!



General Enquiries: 01285 713786
www.farmors-sports-centre.co.uk

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