

# Fitness Classes

## Winter 2025

Effective from 6th January 2025  
unless stated otherwise



**Riversdale**  
Leisure Centre

TIME	CLASS NAME	COST	LOCATION	CAPACITY
<b>Monday</b>				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room	18
7pm ~ 7.45pm	Bars & Bells	£4.00	Main Hall	40
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool	40
8pm ~ 8.45pm	Breathwork	£4.00	Multi Functional Room	18
<b>Tuesday</b>				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room	18
10.30am ~ 11.15am	Fit 50+ Club S&C	£2.00	Main Hall	30
11.30am ~ 12.15pm	Yoga	£4.00	Multi Functional Room	18
12.30pm ~ 1.15pm	Cycling & Core	£4.00	Spin Studio	20
12.45pm ~ 1.30pm	Yoga	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Circuits	£4.00	Main Hall	30
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room	18
7pm ~ 7.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Zumba	£4.00	Main Hall	30
<b>Wednesday</b>				
6.30am ~ 7.15am	Yoga	£4.00	Multi Functional Room	18
6.30am ~ 7.15am	Studio Cycling	£4.00	Spin Studio	20
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room	18
12pm ~ 12.45pm	Flow	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Core Conditioning	£4.00	Main Hall	40
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool	40
8pm ~ 8.45pm	Breathwork	£4.00	Multi Functional Room	18
<b>Thursday</b>				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Fit 50+ Club	£2.00	Main Hall	30
11.30am ~ 12.15pm	Restorative Yoga	£4.00	Multi Functional Room	18
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio	20
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio	20
7pm ~ 7.45pm	Circuits	£4.00	Main Hall	30
7.30pm ~ 8.15pm	Studio Cycling	£4.00	Spin Studio	20
<b>Friday</b>				
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool	40
10.30am ~ 11.15am	Restorative Yoga	£4.00	Multi Functional Room	18
12pm ~ 12.45pm	Strength & Conditioning	£4.00	Main Hall	30
1pm ~ 1.45pm	Yin Yoga	£4.00	Multi Functional Room	18
6pm ~ 6.45pm	Yoga	£4.00	Multi Functional Room	18
<b>Saturday</b>				
9am ~ 9.45am	Circuits	£4.00	Main Hall	35
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room	20
10am ~ 10.45am	Studio Cycling	£4.00	Spin Studio	18
11am ~ 11.45am	Studio Cycling for Beginners	£4.00	Spin Studio	18
10.30am ~ 11.15am	Pilates	£4.00	Multi Functional Room	20
11.30am ~ 12.15pm	Pilates	£4.00	Multi Functional Room	20
<b>Sunday</b>				
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio	18