










CHORLEY ACTIVITY SCHEDULE Valid from 5 July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TONE AND CONDITION 10:00AM – 10:45AM PRACTICE HALL £2.90	BODY COMBAT 10:00AM – 11:00AM PRACTICE HALL £4.00	ABS BLAST 7:15AM – 8:00AM ACTIVITY STUDIO £3.75	STUDIO CYCLING 10:00AM – 10:45AM ACTIVITY STUDIO £3.75	SPIN BLAST 7:15AM – 8:00AM ACTIVITY STUDIO £3.75	STUDIO CYCLING 10:00AM – 11:00AM ACTIVITY STUDIO £3.75	BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00
BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00	CONDITIONING CIRCUITS 11:00AM – 11:45AM PRACTICE HALL £2.90	BODY PUMP 10:00AM – 11:00AM PRACTICE HALL £4.00	BODY PUMP 10:00AM – 11:00AM STUDIO £4.00	STEP & SHAPE 10:00AM – 11:00AM PRACTICE HALL £3.75		BODY PUMP 11:00AM – 12:00AM STUDIO £4.00
50+ CIRCUITS 10:30AM – 11:30AM MAIN HALL £2.50			50+ CIRCUITS 10:30AM – 11:30AM MAIN HALL £2.50	BODY COMBAT 10:00AM – 11:00AM STUDIO £4.00		
STUDIO CYCLING 11:00AM – 11:45AM ACTIVITY STUDIO £3.75			GENTLE AEROBICS/FAB 50'S 11:00AM – 12:00PM PRACTICE HALL £2.25			
GENTLE AEROBICS/FAB 50'S 11:00AM – 12:00PM PRACTICE HALL £2.25						
AQUA AEROBICS 11:15AM – 12:00PM MAIN POOL £3.45						
ZUMBA 12:30PM – 1:15PM PRACTICE HALL £2.90	YOGA 12:30PM – 1:30PM ACTIVITY STUDIO £3.20	PILATES 12:15PM – 1:00PM ACTIVITY STUDIO £2.90	AQUA AEROBICS 12:00PM – 12:45PM MAIN POOL £2.90	ZUMBA 12:15PM – 1:00PM PRACTICE HALL £2.90	BODY COMBAT 12:45PM – 2:00PM PRACTICE HALL £4.00	OLD SCHOOL AEROBICS 12:00PM – 1:00PM PRACTICE HALL £2.90
50+ CIRCUITS 2:00PM – 3:00PM PRACTICE HALL £1.50			CORE CONDITIONING 12:15PM – 1:00PM PRACTICE HALL £2.90	TAI CHI 1:00PM – 2:00PM STUDIO £1.00		
				50+ CIRCUITS 2:00PM – 3:00PM MAIN HALL £1.50		
ZUMBA 6:00PM – 6:45PM PRACTICE HALL £3.25	BODY PUMP 6:00PM – 7:00PM PRACTICE HALL £4.00	BODY COMBAT 6:00PM – 7:00PM MAIN HALL £4.00	BODY PUMP CLINIC 5:45PM – 6:00PM STUDIO £4.00	STUDIO CYCLING 6:00PM – 7:00PM ACTIVITY STUDIO £3.75		
BODY COMBAT 6:00PM – 7:00PM MAIN HALL £4.00	FITNESS PILATES 6:00PM – 7:00PM ACTIVITY STUDIO £3.75	STUDIO CYCLING 6:00PM – 7:00PM ACTIVITY STUDIO £3.75	BODY PUMP 6:00PM – 7:00PM STUDIO £4.00	CIRCUIT TRAINING 6:00PM – 7:00PM MAIN HALL £3.75		
STUDIO CYCLING 6:00PM – 7:00PM ACTIVITY STUDIO £3.75	BODY COMBAT 6:00PM – 7:00PM MAIN HALL £4.00	BODY COMBAT 6:00PM – 7:00PM STUDIO £4.00	BODY PUMP 6:00PM – 7:00PM PRACTICE HALL £4.00	BODY COMBAT 6:00PM – 7:00PM STUDIO £4.00		
BODY PUMP 6:00PM – 7:00PM STUDIO £4.00	STUDIO CYCLING 7:00PM – 8:00PM ACTIVITY STUDIO £3.75	BODY PUMP 7:00PM – 8:00PM PRACTICE HALL £4.00	ZUMBA 6:00PM – 6:45PM ACTIVITY STUDIO £3.25	YOGA 7:00PM – 8:00PM STUDIO £4.00		
PHYSICAL YOGA 7:00PM – 8:30PM STUDIO £4.60	CIRCUIT TRAINING 7:00PM – 8:00PM MAIN HALL £3.75	CIRCUITS 7:00PM – 8:00PM MAIN HALL £3.75	BODY COMBAT 7:00PM – 8:00PM PRACTICE HALL £4.00	PHYSICAL YOGA 7:00PM – 8:00PM ACTIVITY STUDIO £4.00		
TAI CHI 7:00PM – 8:00PM ACTIVITY STUDIO £3.75	BODY PUMP 7:00PM – 8:00PM STUDIO £4.00	PHYSICAL YOGA 7:00PM – 8:00PM STUDIO £4.00	SALSACISE 7:00PM – 8:00PM ACTIVITY STUDIO £3.75			
BOXERCISE 7:15PM – 8:15PM MEETING ROOM £3.75	AQUA AEROBICS 7:45PM – 8:30PM MAIN POOL £3.45	TONE AND CONDITION 7:15PM – 8:00PM ACTIVITY STUDIO £2.90	OLD SCHOOL AEROBICS 7:00PM – 8:00PM STUDIO £3.75			
PILATES 8:00PM – 9:00PM ACTIVITY STUDIO £3.75	AQUA AEROBICS 8:00PM – 9:00PM MAIN POOL £4.00	ZUMBA 8:00PM – 9:00PM STUDIO £3.75	AQUA AEROBICS 7:45PM – 8:30PM MAIN POOL £3.45			
	PILATES 8:00PM – 9:00PM STUDIO £3.75	ADULT TRAMPOLINE 8:15PM – 9:00PM PRACTICE HALL £4.00	AQUA AEROBICS 8:00PM – 9:00PM MAIN POOL £3.90			
			ZUMBA 8:00PM – 9:00PM STUDIO £3.75			

MORNING

-  BODY PUMP
-  BODY COMBAT
-  PHYSICAL YOGA
-  PILATES
-  STEP
-  BODY ATTACK
-  CIRCUITS
-  50+ Circuits
-  TAI CHI

AFTERNOON

EVENING

ALL SEASONS ACTIVITIES

CLAYTON GREEN ACTIVITIES

BRINSCALL ACTIVITIES

* Class not included in membership
** Cardio tennis term time only

Please note you must be aged 16 years or above to attend a class.

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion. Please consider the environment before printing this timetable.

Chorley Council

A Chorley Council facility managed by Active Nation

ACTIVE NATION