

# Health Week Activity Taster Sessions

During health week there are lots of taster sessions available for you to try for free. If you've always wanted to try out an exercise class but were worried you couldn't manage a whole class, why not give one of the 15 minute taster sessions a go? Please check with the centre as these classes may change.

## Pendle Wavelengths - Tel 01282 661717

Monday	18 Sept	12.00pm-12.15pm	Beginners Circuits
Tuesday	19 Sept	9.45am-10.00am	Aerotone
Tuesday	19 Sept	11.45am-12.00pm	Core stability
Wednesday	20 Sept	9.45am-10.00am	Group Core
Wednesday	20 Sept	5.45pm-6.00pm	Freestyle Indoor Cycling
Thursday	21 Sept	9.45am-10.00am	Bums and Tums
Thursday	21 Sept	12.50pm-1.05pm	Zumba Toning
Saturday	23 Sept	9.15am-9.30am	Group Fight
Sunday	24 Sept	9.45am-10.00am	Freestyle HIIT
Sunday	24 Sept	4.45pm-5.00pm	Pilates

## Pendle Leisure Centre - Tel 01282 661166

Monday	18 Sept	9.15am-9.30am	Buggy Bootcamp
Monday	18 Sept	5.45am-6.00am	Spin
Tuesday	19 Sept	7.30am-7.45am	Spartan Fit
Tuesday	19 Sept	5.45pm-6.00pm	Spin Circuit
Wednesday	20 Sept	9.00am-9.15am	Buggy Bootcamp
Wednesday	20 Sept	12.00pm-12.15pm	Pilates
Wednesday	20 Sept	5.45pm-6.00pm	Spin
Wednesday	20 Sept	8.00pm-8.15pm	Ladies Aquarythmics
Thursday	21 Sept	4.30pm-4.45pm	Spartan Fit
Thursday	21 Sept	5.45pm-6.00pm	Spin Circuit
Thursday	21 Sept	7.00pm-7.15pm	Team Core
Friday	22 Sept	9.15am-9.30am	Buggy Bootcamp
Friday	22 Sept	12.45pm-1.00pm	KO8 Circuit
Friday	22 Sept	2.15pm-2.30pm	Marching
Saturday	23 Sept	9.00am-9.15am	Swim Fit

## West Craven Sports Centre - Tel 01282 666710

Monday	18 Sept	12.45pm -1.00pm	Aerobics
Monday	18 Sept	5.45pm-6.00pm	Zumba
Tuesday	19 Sept	9.45am-10.00am	Mystery Class
Tuesday	19 Sept	5.45pm-6.00pm	Circuits
Thursday	21 Sept	9.45 -10.00am	HIIT Core
Thursday	21 Sept	4.45pm- 5.05pm	Pilates
Friday	22 Sept	5.45pm-6.00pm	KO8
Sunday	24 Sept	9.45am-10.00am	Freestyle HIIT