

Saturday

Urban Rebound—10:00- 11:00

Instructor—Sam Leahy

£2.00

Pre-book due to limited numbers



Pre-Booking

For further information or to book a place on any of our classes please do not hesitate to contact a member of the Leisure Team and we will be happy to help you. Classes can be booked a maximum of 7 days in advance only.



Community Leisure Manager:-
Joanne Fairbrother 01530 265835
Senior Recreation & Leisure Administrator:-
Alexandra Gamble 01530 265836
Reception:- 01530 265836
Email leisure@ibstockcollege.leics.sch.uk



Fitness

C
-
a
s
s
e
s
s



2011

Ibstock Leisure Complex
Central Avenue, Ibstock, Leics. LE67 6NE
Tel 01530 265836 – Leisure Complex Reception
Tel 01530 265835 – Leisure Team
Email—leisure@ibstockcollege.leics.sch.uk

Weekly Programme

Monday

50+ Exercise to music—9.30 –10.30 am

Instructor—Pam Goodenough
£3.60, £2.70 L/L Just turn up

Cardio Kick—7.00– 8.00pm

Instructor—Debbie Shaw
£3.60, £2.70 L/L

Pre-book due to limited numbers **Starts 9th May**

Yoga—7.30-9.00pm

Instructor—Lorna Kirk
Contact Instructor directly—416135
Pre-book due to limited numbers



Boxercise— 6.00– 7.00pm

Instructor— Gary Allan **Starts 9th May**
£3.60, £2.70 L/L Pre- book due to limited numbers

Tuesday

Aqua Water Works 11.00– 12.00pm

Instructor—Gary Allan
£3.60, £2.70 L/L

Pre-book due to limited numbers **Starts 7th June**

50+ Aqua Aerobics—12.00-1.00 pm

Instructor—Gary Allan
£3.60, £2.70 L/L
Pre-book due to limited numbers

Starts 7th June



Aerobic Circuit Training—7.15-8.00pm

Instructor—Gary Allan
£3.60, £2.70 L/L
Just turn up

Wednesday

Aqua Water Works—6.30-7.30pm

Instructor—Debbie Shaw
£3.60, £2.70 L/L

Pre-book due to limited numbers
Starts 8th June

Exercise Class—7.30-8.30 pm

Instructor— Pam Goodenough
£3.80, £3.10 L/L
Just turn up



Thursday

Young at Heart Exercise—9.30-10.30 am

Instructor—Pam Goodenough
£3.80, £3.10 L/L
Just turn up

Zumba—6:00—7:00pm

Instructor—Gary Allan
£3.60, £2.70 L/L
Just turn up

Urban Rebound—8:00—8.45PM

Instructor—Gary Allan
£2.00
Pre-book due to limited numbers

