

# Sunday

**Aqua Water Works**– 4.15– 5.00pm  
Instructor- Debbie Shaw  
£3.60 £2.70 L/L  
Pre– book due to limited numbers



# Fitness

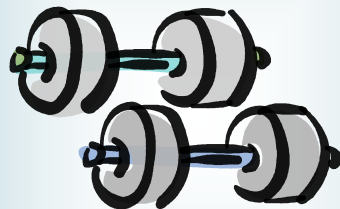
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# Pre-Booking

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](mailto:leisure@ibstockcollege.leics.sch.uk)

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](mailto: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

**Aerobics (Beginner- Intermediate)**—7.00– 8.00pm

Instructor—Debbie Shaw

£3.60, £2.70 L/L

**Yoga**—7.30-9.00pm

Instructor—Lorna Kirk

Contact Instructor directly—416135

Pre-book due to limited numbers



**Blast FX (Intermediate- Advanced)**– 8.00-9.00pm

**NEW!!!**

Instructor– Debbie Shaw

£3.60 £2.70 L/L

## Tuesday

**Aqua Water Works** 11.00– 11.45am

Instructor—Gary Allan

£3.60, £2.70 L/L

Pre-book due to limited numbers

**50+ Aqua Aerobics**—12.00-12.45 pm

Instructor—Gary Allan

£3.60, £2.70 L/L

Pre-book due to limited numbers

**Urban Rebounding**– 6.30-7.15pm

Instructor– Gary Allan

£2.00— Pre book due to limited numbers

**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

**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

