

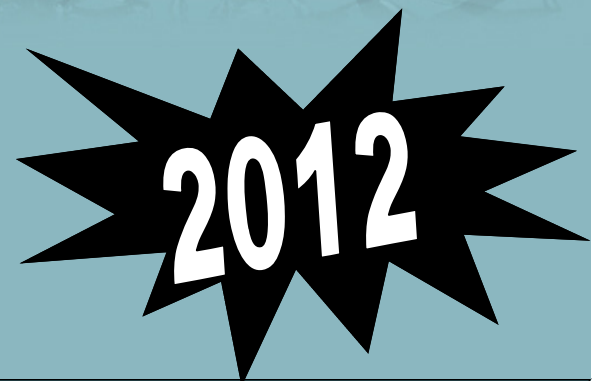
Sunday

Aqua Water Works– 4.15– 5.00pm
Instructor- Debbie Shaw
£3.80 £2.85 L/L
Pre– book due to limited numbers



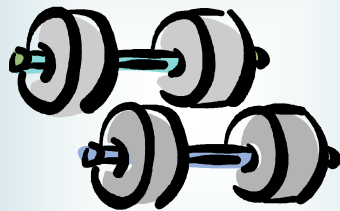
Fitness

C
I
A
S
S
E
S



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

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
£3.80, £2.85 L/L
Just turn up

Yoga—7.30-9.00pm
Instructor—Lorna Kirk
Contact Instructor directly—416135
Pre-book due to limited numbers



Tuesday

Aqua Water Works 11.00– 11.45am
Instructor—Gary Allan
£3.80, £2.85 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
£3.80, £2.85 L/L
Just turn up



Wednesday

Aqua Water Works—6.30-7.30pm
Instructor—Debbie Shaw
£3.80, £2.85 L/L
Pre-book due to limited numbers

Exercise Class—7.30-8.30 pm
Instructor– Pam Goodenough
£3.80, £2.85 L/L
Just turn up



Thursday

Young at Heart Exercise—9.30-10.30 am
Instructor—Pam Goodenough
£3.80, £2.85 L/L
Please contact the Leisure Complex reception for further details

Zumba—6:00—7:00pm
Instructor—Rebecca Harrison
£3.80, £2.85 L/L & Junior (over 14's)
Just turn up

Urban Rebound—8:00—8.45PM
Instructor—Gary Allan
£2.00
Pre-book due to limited numbers

