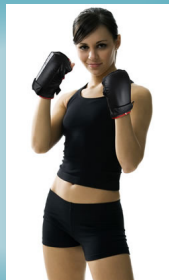


Saturday



Urban Rebound—10:00- 11:00
Instructor—Sam Leahy
£2.00
Pre-book due to limited numbers

Sunday



Boxercise—10:00- 11:00
Instructor—Gary Allan
£3.60, £2.70 L/L
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.

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



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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

Aqua Ante/Post Natal—11.00-12.00

Instructor—Claire Olsen

£3.60, £2.70 L/L

Just turn up

Yoga—7.30-9.00pm

Instructor—Lorna Kirk

Contact Instructor directly—416135

Pre-book due to limited numbers



Wednesday

Aqua Water Works—6.30-7.30pm

Instructor—Claire Olsen

£3.60, £2.70 L/L

Pre-book due to limited numbers

Cardio Kick—6.30-7.30pm

Instructor—Debbie Shaw

£3.60, £2.70 L/L

Just turn up

Exercise Class—7.30-8.30 pm

Instructor— Pam Goodenough

£3.80, £3.10 L/L

Just turn up



Tuesday

Aqua Water Works—11.00am-12.00pm

Instructor—Claire Olsen

£3.60, £2.70 L/L

Pre-book due to limited numbers

50+ Aqua Aerobics—12.00-1.00 pm

Instructor—Claire Olsen

£3.60, £2.70 L/L

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



Thursday

Young at Heart Exercise—9.30-10.30 am

Instructor—Pam Goodenough

£3.80, £3.10 L/L

Just turn up

Beginners introduction to Zumba—6:45—7:45pm

Instructor—Gary Allan

£3.60, £2.70 L/L

Pre-book due to limited numbers

Urban Rebound—8:00—8.45PM

Instructor—Gary Allan

£2.00

Pre-book due to limited numbers

