

Exercise & Fitness Classes

Wednesdays 7.30-8.30pm
(School Main Hall)

50+ EXERCISE TO MUSIC

Gentle routines to music and exercises to improve stamina, strength and flexibility.

No need to book, just turn up.

£4.60 Full / £3.60 Leisure Link

Term-time sessions



FITNESS SUITE

Open daily.

Cardio-vascular and resistance machines.

Contact Reception

01530 265836



Deep Water Aqua Jog

Monday's
12pm-12.45pm
£4.60 pre-book

Tuesday 6.15-7pm
Wednesday 11.15am-12pm
Thursday 11.15am-12pm

AQUA FITNESS

Instructor led sessions of exercise in the water.

£4.60 Full / £3.60 Leisure Link

CIRCUIT TRAINING

In the Sports Hall

Tuesdays 6.00-7.00pm

Contact Parker Brothers Fitness

Sam 07534 550054 / Dan 07951 148847



Ibstock Leisure Complex at Ibstock Community College
Central Avenue
Ibstock, Leics. LE67 6NE

Email - leisure@ibstockcollege.co.uk

Telephone 01530 265836

Visit www.nwleics.gov.uk/ibstockcc