

# GROUP FITNESS CLASSES



**PENDLE WAVELENGTHS | LEEDS ROAD | NELSON | 01282 661717**

## Temporary class timetable 23rd September – 29th September

### Monday 23rd September

09.15am – 10.00am	Exercise for Health (water-based class) <b>PENDLE WAVELENGTHS</b>
10.00am – 10.45am	Strength & Conditioning Circuit <b>THE MUNI - COLNE</b>
11.00am – 11.45am	Mindful Movement <b>THE MUNI - COLNE</b>
12.15pm – 01.15pm	Yoga for the Unbendy (Mind and Body) <b>THE MUNI - COLNE</b>
01.30pm – 02.45pm	Iyengar Yoga (18) (Mind and Body) <b>THE MUNI - COLNE</b>
05.20pm – 05.50pm	Blast 30 (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
06.00pm – 06.50pm	Group Power (Jo) (Strength and tone) <b>THE MISSION, GOITSIDE, NELSON</b>
07.00pm – 08.00pm	Group Fight (Jo) (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
08.00pm – 08.45pm	HIIT (Jo)(cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>

### Tuesday 24th September

10.00am - 10.50am	Aerotone (Jo)(cardiovascular) <b>THE MUNI - COLNE</b>
07.00pm – 07.50pm	Strength and Conditioning (Fi) <b>SEEDHILL – WEATHER PERMITTING</b>
08.00pm – 09.00pm	Boxercise (Fi)(cardiovascular) <b>SEEDHILL – WEATHER PERMITTING</b>

### Wednesday 25th September

10.00am - 11.00am	Group Fight (cardiovascular) <b>THE MUNI - COLNE</b>
11.15am - 11.45am	Abs of Steel (strength and tone) <b>THE MUNI - COLNE</b>
12.00pm - 01.00pm	Jo's Mystery Class <b>THE MUNI - COLNE</b>
12.30pm – 01.15pm	Ladies Only Aqua (water-based class) <b>PENDLE WAVELENGTHS</b>
06.00pm – 06.45pm	Circuits (cardio) <b>THE MISSION, GOITSIDE, NELSON</b>
07.00pm – 08.00pm	Mindful Movement (Mind and Body) <b>THE MISSION, GOITSIDE, NELSON</b>

### Thursday 26th September

10.00am – 10.50am	Jo's Body Body Fusion (cardio) <b>THE ALBERT ROOM – COLNE MUNI</b>
11.00am – 11.50am	Fitness Pilates (mind and body) <b>THE ALBERT ROOM – COLNE MUNI</b>
01.00pm – 01.45pm	Aquarhythmics (water based) <b>PENDLE WAVELENGTHS</b>
01.05pm – 02.00pm	Zumba (Dance) <b>THE ALBERT ROOM – COLNE MUNI</b>
02.00pm – 02.45pm	Pressure Release Pilates <b>THE ALBERT ROOM – COLNE MUNI</b>
06.00pm – 06.50pm	Pump Start (Strength and conditioning) <b>THE MISSION, GOITSIDE, NELSON</b>
07.00pm – 07.45pm	Kettlebell Blast (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
08.00pm – 08.45pm	Strength and Conditioning (Harry) (Strength and Tone) <b>THE MISSION, GOITSIDE, NELSON</b>

### Friday 27th September

10.00am - 10.50am	Aerotone (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
10.30am – 11.15 am	Exercise for Health (water-based class) <b>PENDLE WAVELENGTHS</b>
11.00am – 12.00pm	Iyengar Yoga (18) (Mind & Body) <b>THE MISSION, GOITSIDE, NELSON</b>
12.15pm - 01.00pm	HIIT (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
12.00pm – 01.00pm	Adult Swimming Lessons <b>PENDLE WAVELENGTHS</b>

### Saturday 28th September

09.30am - 10.30am	Group Fight (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
10.45am - 11.30am	HIIT (cardiovascular) <b>THE MISSION, GOITSIDE, NELSON</b>
11.40am – 12.30pm	Fitness Pilates (mind and body) <b>THE MISSION, GOITSIDE, NELSON</b>

#### Locations

THE MUNI - COLNE - The Muni Theatre, Albert Road, Colne, Lancashire, BB8 0AE  
THE ALBERT ROOM – COLNE MUNI - The Muni Theatre, Albert Road, Colne, Lancashire, BB8 0AE  
THE MISSION, GOITSIDE, NELSON - The Mission, Goitside, Nelson, Lancashire BB9 7XD  
SEEDHILL – Surrey Rd, Nelson BB9 7TY

**ALL CLASSES MUST BE PRE-BOOKED.** A maximum of 20 customers per class unless otherwise stated.

[www.pendleleisuretrust.co.uk/book-online/](http://www.pendleleisuretrust.co.uk/book-online/) or call Reception on 01286 661717

Timetable correct at time of print 03/01/24