

Day	Time	Class	Instructor
Monday	09:30 - 10:30	Yoga-lates	Gore
	14:45 - 16:15	Tai-chi(mixed)	Ann
	16:15 - 17:30	Yoga	Ann
	17:30 - 18:30	Tone & Pump	Kelly
	18:30 - 19:15	Aerobics	Val
	19:15 - 20:15	Legs, Bums & Tums	Val
	Tuesday	09:30 - 10:30	Pilates
17:45 - 18:45		Body Conditioning	Val
18:45 - 19:45		Body Conditioning	Val
Wednesday	17:45 - 18:30	Body Design	Claire
	18:30 - 19:15	Step	Linda
	19:15 - 20:15	Pilates	Linda
Thursday	20:15 - 21:45	Yoga	Ann
	09:30 - 10:30	Aerobics	Val
	10:45 - 11:45	Pilates	Gore
	17:45 - 18:45	Legs, Bums & Tums	Val
	18:45 - 20:00	Tai-Chi (beginners)	Ann
	20:00 - 21:15	Tai-Chi (advanced)	Ann
Friday	09:30 - 10:30	Legs, Bums & Tums	Emily
	17:30 - 18:45	Yoga	Ann
	10:15 - 11:15	Body Conditioning	Linda
	11:15 - 12:15	Pilates	Linda

Day	Time	Class	Instructor
Monday	11:00 - 11:45	Aqua	Mark G
	20:00 - 20:45	Aqua	Linda
Tuesday	10:00 - 11:00	Aqua Natal	Helen
Wednesday	11:00 - 11:45	Aqua	Emma
	20:00 - 20:45	Aqua	Emma / Estella
Thursday	20:00 - 20:45	Aqua	Linda
Friday	18:00 - 18:45	Aqua	Estella
Sunday	16:30 - 17:15	Aqua	Linda

Information about our classes

Aqua - a fun and low impact exercise to music class where the water acts as resistance.

Yoga-lates - yoga exercises which incorporates pilates stretches.

Yoga - helps to maintain and restore balance in both the mind and body.

Pilates- creates a firm, toned muscular frame and a great posture.

Tai-Chi - exercise to build up health and longevity, involves slow rhythmic and meditative movements.

Tone & Pump - great workout, using weights to fat burn, tone or build. Will also help improve your posture and increase your metabolism.

Step / Aerobics - fun aerobic workout to music with or without the step, working to your own level whilst increasing your metabolic rate.

Body Design - using body weight as resistance, all over conditioning class with emphasis on core stability.

Legs, Bums and Tums - great workout for targeting all those problem areas.

Body Conditioning - low impact exercise to tone up using weights and bands. All over conditioning with definite results.

Booking Information

All studio classes must be booked at least 24 hours in advance.
Bookings can be made on reception or by phone.
Management reserve the right to cancel any class with less than four clients.
No entry will be permitted into the studio without a valid receipt or membership or membership card.

Price Information

Prices for aqua aerobics are as follows:
Free to both swim and gym members
Non-members - £5.00 a session
(Locker tokens are an extra 20p)

Prices for the studio classes are as follows
Free to GYM members only, during their membership times.
E.G. any classes anytime for full membership and only classes between 9-5 Mon-Sat for Off-peak membership. With the exception of Yoga.
All classes for Non-members - £2.00 a session
All classes for non-members and SWIM only member - £5.00 a session.

Remember to always wear comfortable clothing and bring a towel, also don't forget your quality H2O to keep you hydrated.

For any other information please contact a member of staff who will be happy to assist you.



Milton Keynes

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