



GROUP FITNESS

| | 6 AM | 12:30 | 6 PM |
|------------------|------------------|------------------|------------------------|
| Monday | Yoga* Chloe | Fast 30 Holly | HIIT Holly |
| Tuesday | Boxercise Ben | | Boot Camp Amanda |
| Wednesday | Pilates Kim | HIIT Holly | Boxercise Mel |
| Thursday | HIIT Ben | | Tabata Gareth |
| Friday | Fast 30 Mel | | Relax!! Sean!! |

*\$10

Pool closures

Saturdays 7am
onwards until 16th Dec

Friday 8th Dec
7:30am - 4pm

Sunday 10th Dec

open on Saturday
2nd Dec

valley Pool

All access membership:

\$14.99pw

All day parking available:

\$12.99