

# GET MOTIVATED... AND FEEL GOOD

JOIN US, THERE'S STRENGTH IN NUMBERS

## ACTIVITY PROGRAMME MON 7 OCT – SAT 14 DEC



### MONDAY

**Core Strength** 6.15pm - 6.45pm  
**Cardio Cycle** 7.00pm - 7.30pm

### TUESDAY

**Gym Circuits\*** 6.15am - 7.00am  
**Pilates** 6.00pm - 7.00pm  
**10 Rounds** 6.15pm - 6.45pm  
**Badminton [DROP IN]** 7.00pm - 9.00pm

### WEDNESDAY

**Cardio Box** 6.15pm - 6.45pm  
**Cardio Cycle** 7.00pm - 7.30pm

### THURSDAY

**Gym Circuits\*** 6.15am - 7.00am  
**Pilates** 6.00pm - 7.00pm

### FRIDAY

**Gym Circuits** 6.00pm - 7.00pm

### SATURDAY

**Instructors Choice** 9.15am - 10.00am

### ADDITIONAL INFORMATION

- All classes must be booked online in advance
- Members 8 days | Non members 4 days advance online booking
- Please arrive 5 mins before the class starts
- Please wear appropriate clothing & footwear
- Please bring water bottle with you
- Toilets, changing rooms and showers are available

**Make bookings simpler.**  
Download the **getactiveabc** app



### \*Gym Circuits [10 WEEK PROGRAMME]

This programme will run from Tuesday 8 October until Thursday 12 December, offering professional advice and guidance from qualified instructors, including weekly weigh-ins, measurements, nutritional advice and personalised workout plans and exercises to try at home. Included in getactiveabc membership or pay as you go.