

# Group Workout Classes

## The Edge

<b>MONDAY</b>	9.30 - 10.30 Body Pump 18.00 - 19.00 Body Balance 19.00 - 20.00 Body Pump 20.00 - 21.00 Combat
<b>TUESDAY</b>	9.30 - 10.30 Active Lifestyle 18.00 - 19.00 Body Attack 19.00 - 20.00 Swissball 20.00 - 21.00 Zumba
<b>WEDNESDAY</b>	9.30 - 10.30 Body Balance 18.00 - 19.00 Body Jam 19.00 - 20.00 Circuits 20.00 - 21.00 Yoga
<b>THURSDAY</b>	9.15 - 10.15 Active Lifestyle 18.00 - 19.00 Body Pump 19.00 - 20.00 Body Step 20.00 - 21.00 Body Balance
<b>FRIDAY</b>	9.00 - 11.00 Active Lifestyle 9.30 - 10.30 Swissball 18.00 - 19.00 Body Attack 19.00 - 20.00 Body Balance
<b>SATURDAY</b>	9.00 - 10.00 <b>Zumba</b> 10.00 - 11.00 Body Pump

## The Herons

9.30 - 10.30 Body Attack 9.30 - 10.30 Aqua 10.30 - 11.30 Body Balance 19.30 - 20.30 Aqua
9.30 - 10.30 LBT 10.30 - 11.15 4 week courses* 19.30 - 20.30 WaterWorks
9.30 - 10.30 Body Step 10.30 - 11.30 Body Jam 18.30 - 19.00 Ab Attack Class** 19.00 - 19.45 4 week courses*
9.30 - 10.30 LBT 9.30 - 10.30 Aqua 10.30 - 11.30 <b>Zumba</b>
9.30 - 10.30 Body Attack

### Prices:

Group Exercise Classes	£5.60
Active Lifestyle	£4.10
Aqua Natal	£5.60
Aqua Classes	£5.60
60+ Aerobics	£4.10
4 week courses	£19.95members £23.95casuals

\* a variety of 4 week courses running throughout the year.

\*\*Course fee applicable - £3.00 casuals and £2.00 members

**Timetable is correct as of  
24th January 2012**



### The Herons

Kings Rd, Haslemere, Surrey  
GU27 2QT  
Tel: 01428 658484  
www.dcleisure.co.uk



### The Edge Leisure Centre

Woolmer Hill, Haslemere, Surrey  
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Managed by DC Leisure with the support of Waverley Borough Council