



CRESWELL HERITAGE & WELLBEING CENTRE



Fitness Class Training - from Monday 8 January 2024

Begin your journey to fitness through our range of group exercise classes all equally innovative, intense and effective to help you reach your fitness peaks.

From adrenaline pumping to muscle toning, all our classes will help keep you fit and healthy.

	AM		PM	
Monday	7.15-7.45am	HITT	7-7.45pm	Circuits
Tuesday	9-9.45am	Legs, Bums & Tums	4.15-5pm	Junior Gym
			6-6.30pm	Spinning
Wednesday	7.15-7.45am	Spinning	6-6.45pm	Circuits
Thursday	9-9.45am	Legs, Bums & Tums	4.15-5pm	Junior Gym
			7-7.45pm	Kettlebells
Friday	7.15-7.45am	Core	6-6.30pm	Stretch & Tone
Saturday	9-9.45am	Circuits		
Sunday	9-9.30am	Stretch & Tone		

Free to Single Inclusive members and 365 members or just £5 per class.

To book your class please call in at reception.

24-1493



Colliery Road, Creswell, S80 4BX

T: 01909 738460

W: <https://www.creswellhwc.org/>

 Creswell Heritage and Wellbeing Centre

Opening times:

Mon – Fri: 7am – 9pm

Sat and Sun: 8am – 6pm