

# Cascades

## Health & Fitness Club

### Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Swimming lessons from 4.00pm - 6.00pm (term time only)		
		<u>Circuits -6.00pm</u> £2.50 members £5 non members	<u>Fit as a Fiddle 5.00pm ,</u> £2 members £4 non members		
	Swimming lessons 4.30 pm - 6.00 pm (term time only)	<u>HIIT -7.00pm - 7.30pm ,</u> £2.50 members £5 non members	<u>Legs, Bums &amp; Tums</u> 6pm £2 members £4 non members	<u>Circuits -6.00pm</u> £2.50 members £5 non members	
	<u>Step Class 7pm ,</u> £2.50 members £5.00 non members	<u>Ab Attack 7.30pm -</u> <u>8.00pm ,</u> £2.50 members £5 non members	<u>Body Blast 7pm ,</u> £2.50 members £5.00 non members	<u>HIIT 7.00pm - 7.30pm ,</u> £2.50 members £5 non members	
				<u>Ab Attack 7.30pm -</u> <u>8.00pm ,</u> £2.50 members £5 non members	

### Pay for Cascades Classes Monthly!!

£15 per month per person for members

Attend unlimited classes for the whole month, Members and Non Members MUST sign up for classes.

Please note! Swimming Lessons are not Available now until September due to school holidays.

For more details please ask at Cascades reception.