

McLaren Community Leisure Centre

Fitness Classes

Something for everyone: For All Your Leisure Needs....

We can offer something for everyone at McLaren! Whether you want to get fit, tone up, lose weight or just have fun, our range of classes and experienced instructors mean you can pick something that is just right for you!

There is always time to fit some exercise into a busy schedule as we have classes in the mornings, evenings & at weekends!

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*£1.00 Swim, Sauna, Steam & Spa with every fitness class purchase!!!!

(Also available in Osprey Card Purchases – buy 5, get one free)

Offer only available for adult McLaren Leisure classes. Offer ends December 24th 2011. Swim subject to pool timetable- please check availability before purchase

SPECIAL OFFER!

Offer Available for:

- > **BOXERCISE**
- > **SPINNING**
- > **AQUACISE**
- > **AQUA THERAPY**
- > **STEP AEROBICS**
- > **ACTIVE LIFE**

For further info on any of our classes contact us:

01877 330 000

www.mclarenleisure.co.uk

Class Times

Monday

Active Life 9.30-10.30am
Step Aerobics 6.30-7.30pm
Aquacise 7.30-8.15pm
Tabata 7.30-8.30pm*

Tuesday

Aquacise 9.15-10am
Boxercise 7-8pm
Spinning 7-8, 8-9pm
Badminton Club 7.30-9pm*
Kickboxing 8-9.30pm*

Wednesday

Step Aerobics 6.30-7.30pm
Taekwondo 7.30-9pm*

Thursday

Active Life 9.30-10.30, 10.45-11.45am
Boxercise 7-8pm
Spinning 7-8, 8-9pm
Aqua Therapy 7-8pm

Saturday

Spinning 9.30-10.30am
Boxercise 10-11am

*Class run by external organisation

