



**HAMPSHIRE
LAKES**

Apr-26

Monday - Friday 08:00 - 16:00 Last Entry 15:15

Tel: 01252 864590

Saturday - Sunday 08:30 - 14:00 Last Entry 13:15

Please arrive before the last entry time. Enjoy your wellness activities!

Monday 08:00 - 16:00	Free Gym 08:00 - 08:55	Circuits 09:00 - 09:40	Free Gym 09:45 - 10:30	Free Gym 10:30 - 11:40	Active Balance 11:45 - 12:15	Free Gym & Gym Assist 12:30 - 13:00	Free Gym 13:00 - 14:00	Bowls 14:00 - 15:45	
Tuesday 08:00 - 16:00	Free Gym 08:00 - 08:55	Free Gym 09:00 - 09:40	 Healthy Heart 09:45 - 10:25	Free Gym 10:30 - 11:30	Mindful Movement 11:30 - 11:50	Free Gym 12:00 - 13:00	Free Gym 13:00 - 14:00	Free Gym 14:00 - 15:00	Free Gym 15:00 - 15:45
Wednesday 08:00 - 16:00	Free Gym 08:00 - 08:55	Circuits 09:00 - 09:40	Free Gym 09:45 - 10:30	Lakes Walk / Free Gym 10:30 - 11:15	Active Balance 11:45 - 12:15	Free Gym & Gym Assist 12:30 - 13:00	Free Gym 13:00 - 14:00	Free Gym 14:00 - 15:00	Free Gym 15:00 - 15:45
Thursday 08:00 - 16:00	Free Gym 08:00 - 08:55	Kettlebell's 09:00 - 09:40	Mat Work 09:45 - 10:15	Free Gym 10:30 - 11:30	Free Gym 11:30 - 12:30	Free Gym & Gym Assist 12:30 - 13:00	Village Walk / Free Gym 13:00 - 13:30	Free Gym 14:00 - 15:00	Free Gym 14:00 - 15:45
Friday 08:00 - 16:00	Free Gym 08:00 - 08:55	Total balance 09:00 - 09:40	Free Gym 09:45 - 10:30	 Healthy Heart 10:30 - 11:10	Active Balance 11:45 - 12:15	Free Gym & Gym Assist 12:30 - 13:00	Free Gym 13:00 - 14:00	Free Gym 14:00 - 15:00	Free Gym 15:00 - 15:45
Saturday 08:30 - 14:00	Free Gym Open at 08:30	Free Gym 08:30 - 09:30	Free Gym 09:30 - 10:30	Free Gym 10:30 - 11:00	Willow Gardens 11:00 - 11:30	Free Gym 11:30 - 13:00	Free Gym 13:00 - 13:45	Closed	Closed
Sunday 08:30 - 14:00	Free Gym Open at 08:30	Free Gym 08:30 - 09:30	Circuits 09:30 - 10:10	Free Gym 10:15 - 11:00	Free Gym 11:00 - 12:00	Free Gym 12:00 - 13:00	Free Gym 13:00 - 13:45	Closed	Closed

Free Gym - Free Gym sessions are available daily around scheduled classes

Mat Work - Mat based movemet class to target the abdominals, lower back, hips and glutes.

Circuits - Body conditioning that involves endurance and resistance training all exercises preformed in stations.

Active Balance - Strength exercises designed to improve strength and balance to help you feel steadier on your feet - (Seated & Standing)

Willow Gardens - A gentle chair based exercise class focusing on stability and mobility.

Kettlebell's - A combined Cardiovascular/Strength based class using Kettlebells.

Total Balance - Incorporating all elements of fitness, total balance will build strength, and improve your balance & flexibility.

Lakes Walk - Enjoy a gentle lakeside walk with fellow members - fresh air, good company, and beautiful views around Swan Lake. (Weather permitting)

Village Walk - A gentle 30 minute walk around the village. All fitness abilities welcome. (Weather permitting)

Bowls / Boules - Indoor Carpet Bowls / Outdoor Boules - Depending on the weather.