



CLASS TIMETABLE 2012

Day/Time	Class	Venue
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Monday

8.45-9.30am	Active + Aquafit	Stockton Splash
10.00-11.00am	Active +	Billingham Forum
11.00-12.00pm	Active +	Billingham Forum
10.15-11.15am	Cardio & Core	Stockton Splash
11.30-12.30pm	Active +	Stockton Splash
12.15-1.00pm	Bums & Tums	Billingham Forum
12.00-12.45pm	Spinning	Stockton Splash
5.00- 5.45pm	Spinning	Stockton Splash
5.45 - 6.15pm	Ab Blast*	Stockton Splash
5.45-6.30pm	Spinning	Billingham Forum
6.00- 7.00pm	Zumba *	Thornaby Pavilion
6.00-6.45pm	Aqua Zumba*	Billingham Forum
6.15-7.00pm	Spinning*	Stockton Splash
6.15 - 7.15pm	Hi/Lo Aerobics *	Stockton Splash
6.15-7.15pm	Boxercise	Thornaby Pavilion
6.30-7.15pm	Spinning*	Thornaby Pavilion
6.30-7.15pm	Spinning*	Billingham Forum
6.30-7.30pm	Hi/Lo Aerobics *	Billingham Forum
7.00-7.45pm	Zumba *	Billingham Forum
7.45-8.30pm	Zumba Tone *	Billingham Forum
7.15-8.15pm	Pilates	Stockton Splash
7.45-8.45pm	Bootcamp Circuit	Billingham Forum

Tuesday

8.45 - 9.30am	Active + Aquafit	Billingham Forum
10.00-11.00am	Hi/Lo Aerobics	Billingham Forum
10.00-11.00am	Active +	Thornaby Pavilion
11.00-12.00pm	Active +	Billingham Forum
11.30-12.30pm	50+ Keep Fit	Thornaby Pavilion
12.00-12.45pm	Bums & Tums	Stockton Splash
1.30-2.30pm	Tai Chi	Billingham Forum
1.30-2.30pm	50+ Keep Fit	Billingham Forum
5.00-5.45pm	Zumba * Tone starts Feb	Stockton Splash
5.00-5.45pm	Spinning	Billingham Forum
5.45-6.30pm	Zumba *	Stockton Splash
5.45 - 6.30pm	Bums & Tums*	Billingham Forum
6.00-6.45pm	Spinning	Thornaby Pavilion
6.00-6.45pm	Aqua Zumba	Billingham Forum
6.30-7.30pm	Pilates (Course)	Stockton Splash
6.35-7.20pm	Bums & Tums *	Stockton Splash
6.30-7.30pm	Bums & Tums *	Billingham Forum
6.35-7.20pm	Zumba *	Billingham Forum
6.45- 7.30pm	Spinning	Billingham Forum
6.45-7.45pm	Pump fx*	Thornaby Pavilion
6.45-7.30pm	Spinning *	Stockton Splash
7.00 -8.00pm	Aquafit *	Stockton Splash
7.30-8.30pm	Boxercise	Stockton Splash
7.30-8.30pm	Pilates*	Billingham Forum
8.00-9.00pm	Step Aerobics *	Thornaby Pavilion

Wednesday

7.15-8.00am	Spinning	Stockton Splash
8.45-9.30am	Active + Aquafit	Stockton Splash
9.30-10.15am	Zumba Tone *	Billingham Forum
12.15-1.00pm	Circuit	Stockton Splash
5.00-5.45pm	Pump fx	Billingham Forum
5.30-6.15pm	Pump fx*	Stockton Splash
5.30-6.30pm	Pilates	Thornaby Pavilion
6.00- 7.00pm	Aqua fit*	Billingham Forum
6.00-7.00pm	Step Aerobics *	Billingham Forum
6.15-7.00pm	Spinning	Stockton Splash
6.15 - 7.00pm	Bums & Tums *	Stockton Splash
6.30-7.15pm	Spinning*	Thornaby Pavilion
6.30-7.30pm	Hi/Lo Aerobics *	Billingham Forum
7.15-8.00pm	Spinning	Billingham Forum
7.15- 8.15pm	Zumba	Stockton Splash
7.15-8.00pm	Spinning	Thornaby Pavilion
7.30-8.30pm	Boxercise	Thornaby Pavilion

Thursday

9.30-10.30am	Pilates	Billingham Forum
10.00-11.00am	Active +	Stockton Splash
10.00-11.00am	50+ Keep Fit	Thornaby Pavilion
12.00-12.45am	Spinning	Stockton Splash
12.15-1.00pm	Spinning	Billingham Forum
12.15-1.00pm	Pilates	Stockton Splash
1.30-2.30pm	Tai Chi	Billingham Forum
1.30-2.30pm	50+ Keep Fit	Billingham Forum
5.30-6.30pm	Bums & Tums *	Stockton Splash
5.45-6.30pm	Spinning	Billingham Forum
6.00-7.00pm	Boot Camp Circuit	Thornaby Pavilion
6.00 - 6.45pm	Bums & Tums *	Billingham Forum
6.45-7.30pm	Pump fx*	Billingham Forum
6.45-7.30pm	Bums & Tums *	Billingham Forum
6.30-7.30pm	Kick Boxercise	Stockton Splash
6.30 - 7.15pm	Spinning	Thornaby Pavilion
7.00-8.00pm	Aquafit *	Stockton Splash
7.15 - 8.15pm	Bums & Tums *	Thornaby Pavilion
7.35-8.20pm	Zumba *	Billingham Forum
7.30 -8.30pm	Pilates	Billingham Forum
7.45-8.30pm	Spinning*	Stockton Splash

Friday

8.45-9.30am	Active + Aquafit	Stockton Splash
9.30-10.30am	Pilates	Thornaby Pavilion
9.15-10.00am	Bums & Tums	Billingham Forum
11.00-12.00pm	Tai Chi	Stockton Splash
10.00-11.00am	Aquafit	Thornaby Pool
10.00-11.00am	Active +	Billingham Forum
12.00-12.45pm	Zumba *	Stockton Splash
12.15-1.00pm	Boot Camp Circuit	Stockton Splash
5.30-6.15pm	Spinning	Billingham Forum
5.30-6.15pm	Spinning	Thornaby Pavilion
6.00-7.00pm	Step Aerobics *	Billingham Forum
6.15-7.15pm	Boxercise	Thornaby Pavilion

Saturday

9.30-10.30am	Groove fx *	Stockton Splash
10.00-10.45am	Spinning	Billingham Forum

Sunday

10.30-11.30am	Bums & Tums *	Stockton Splash
5.00-6.00pm	Bums & Tums *	Thornaby Pavilion
5.30-6.15pm	Zumba *	Billingham Forum
6.00 - 6.45pm	Zumba *	Thornaby Pavilion
6.15-7.00pm	Zumba Tone *	Billingham Forum
6.15 -7.00pm	Spinning	Billingham Forum
6.15-7.00pm	Spinning	Thornaby Pavilion
6.45-7.30pm	Zumba Tone*	Thornaby Pavilion

Indicates privilege fitness classes, these classes are only available to pay per visit members 3 days before the class.

- Courses are not included within our Activ8 Annual and Monthly Memberships. Contact the appropriate venue for course details.
- Spinning, Zumba Pump FX, Step & Aquafit sessions can be booked in advance as spaces are limited.
- For further information on any of the specialist activities i.e. Teenactive8 (12-15years), please pick up a leaflet from one of our Active Life Centres or visit...www.teesactive.co.uk
- All * classes can be attended by customers of 14 & 15 years of age if accompanied by an adult.

Fitness Class Prices 02/12

Active + Class, Active + Tai Chi, Active + Aqua Fit, Tai Chi (1hr), Bums and Tums, Body Tone, Boxercise, Kick Boxercise, Circuits, Boot Camp Circuits, Hi/Lo Aerobics, 50+ Keep Fit, Step Aerobics, Step & Tone Aerobics, Aqua Fit (3/4hr)

Non Member = £3.70 Option 1 = £3.15 Option 2 = £2.40 Option 3 = £2.20

Salsa Dancing, Spinning, Tai Chi (1/5hr), Pilates, Pump Fx, Groove Fx., Zumba & Zumba Circuit, Aqua Zumba.

Non Member = £4.40 Option 1 = £3.80 Option 2 = £2.90 Option 3 = £2.70

Aqua Fit (1hr)

Non Member = £4.20 Option 1 = £3.40 Option 2 = £2.50 Option 3 = £2.20

Ab Blast (30min)

Non Member = £1.85 Option 1 = £1.60 Option 2 £1.20 Option 3 £1.10