
Group Fitness Timetables Beatty Park Leisure Centre

group fitness timetables - cityaquaticsandhealth - group exercise with the therapeutic properties of water. using a buoyancy belt in deep water. suitable for all abilities - you just need to be confident in deep water. city swimfit (60 mins) an adult swimming session for those interested in improving their swim technique and increasing their fitness levels. city circuit (45 mins) **class description small group training group fitness ...** - • timetables may be subject to change, depending on class numbers and instructor availability. • participants aged 13 years and over can enjoy any group fitness or virtual class as a member or pay casually • group fitness classes are not included in aquatic memberships. hours of operation strengthening moves performed on top of a floating **group fitness timetable - utas** - *group fitness timetable may be subject to change due to public holidays please show your support for your favourite classes by attending regularly as those that consistently have low participation (