

CLASS LAUNCH

Arbroath Sports Centre Friday 6th January 2012

Jennifer M, Jamie, Sarah, Laura, Agata, Ali, Gail and Jennifer W have fantastic workouts planned for you!

Each session will last approximately 25 minutes, giving you a taste of what's on offer in our new adult timetable. You chose one of the options per half hour slot.

Zumba or Boot Camp	18.00-18.30
Body Combat or Skip n Abs	18.30-19.00
Bums and Tums or Body Pump	19.00-19.30
Hula Hoop or Body Step	19.30-20.00
Aqua Zumba	20.00-20.30

What a fantastic way to kick start your New Years resolutions!

Spaces are limited so be sure to book early by contacting Reception or calling 01241 872999.

Brechin Leisure Centre, Friday 6TH January 2012

We have 4 fantastic workouts for you:

Each session will last approximately 25 minutes, giving you a taste of what's on offer in our new adult timetable.

Body attack	18.00 - 18.30
RPM	18.30 - 19.00
Body pump	18.30 - 19.00
RPM	19.00 - 19.30
Body balance	19.00 - 19.30
RPM	19.30 - 20.00
Body vive	19.30 - 20.00
ZUMBA	20.00 - 20.30

Just choose one of the options below and book your place at reception 01356623088.

Carnoustie Leisure Centre Monday 9th January 2012

Each session will last approximately 20 minutes, giving you a taste of what's on offer in our new adult timetable.

Zumba	18.00-19.00
Bodypump	19.10-19.30
Bodycombat	19.40- 20.00
Bodybalance	20.10-20.30
RPM	20.40-21.00

RPM session will be based on a first come first served basis

To book your place or for more information please ask at reception or telephone 01241 853246

Lochside Leisure Centre Saturday 7th January 2012

Laura, Carly, Wade, Andy, Pam, Helen, Aaron & Mo have a fantastic workout planned for you!

Each session will last approximately 20 minutes (Body Combat 1 hour), giving you a taste of what's on offer in our new adult timetable.

Pilates	09:30
Body vive	10:00
Indoor Group Cycling	10.00
Gym Fit	10:30
Abs Attack	11:00
ZUMBA	11:30
Body pump	12:30
Body Balance	12.30
Body combat	12:30

To book your place or for more information please ask at reception or telephone 01307 464201

Montrose Sports Centre, Friday 6th January 2012

Kathleen, Ryan, Sean, Jade, Thelma, Debbie, Jane, Lynne, Pam & Becky have a fantastic workout planned for you!

Each session will last approximately 20 minutes, giving you a taste of what's on offer in our new adult timetable.

Montrose Town Hall

RPM	17.00 – 18.00
Body pump	18.00 – 18.20
Body Step	18.20 – 18.40
Body Balance	18.40 – 19.00
Body Combat	19.00 – 19.20
Body Attack	19.20 – 19.40
Zumba	19.40 – 20.00

RPM session will be based on a first come first

Lesser Hall

Boxercise	18.20 – 18.40
Plate / Ball	18.40 – 19.00

To book your place or for more information please ask at reception or telephone 01674 676211

Montrose Swimming Pool, Thursday 12th January 2012

Aqua Zumba	19.30 – 20.30
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To book your place or for more information please ask at reception or telephone 01674 672026

Saltire Leisure Centre, Monday 9th January 2012

Becky, Carey, Roxy, Carly, Lauren, Jaimi, Agata, Jennifer & Kathleen have a fantastic workout planned for you!

Each session will last approximately 20 minutes, giving you a taste of what's on offer in our new adult timetable.

RPM	18.00–19.00
Bodystep	18.00-18.20
Bodycombat	18.20- 18.40
Bodybalance	18.40-19.00
Bodypump	19.00-19.20
Bodyattack	19.20- 19.40
Bodyvive	19.40-20.00
Zumba	20.00- 20.20
Fitness Pilates	20.20- 20.40

RPM session will be based on a first come first served basis

To book your place or for more information please ask at reception or telephone 01241 431060

Webster's Sports Centre, Friday 6th January 2012

Alison, Lesley, Morag and Moyra have a fantastic work out planned for you!

Each session lasts approximately 20 minutes, giving you a taste of what's on offer in our new adult timetable.

ABS Attack	17.30 – 18.00
Body vive	18.00 – 18.30
Body pump	18.30 – 19.00
Body attack	19.00 – 19.30
Body combat	19.30 – 20.00
ZUMBA	20.00 – 20.30
Body Balance	20.30 – 21.00

To book your place or for more information please ask at reception or telephone 01575 574849