

New Classes

starting this Summer

Wednesday

07.00 - 08.00 - ELC

Boot Camp – Get into shape this summer by trying new and exciting exercises in the great outdoors.

Tuesday

10.00 - 11.00 - ALC

Mother & Baby Yoga – Focuses on strengthening the spiritual, emotional and physical bond between parent & baby.

Wednesday

09.30 - 10.30 - ALC

Freestyle Pump – This 60 minute workout is designed to tone and condition your body, whilst raising your metabolic rate for rapid fat burning by using barbells.

Thursday

18.15 - 19.00 - ELC

LBT – If it's below the belt where work is needed this is the class for you.

Monday

18.00 - 19.00 - ALC

LBT – If it's below the belt where work is needed this is the class for you.

Tuesday

16.00 - 16.30 - ALC

Children Fun Yoga 5-8 yrs

16.30 - 17.15 - ALC

Children Fun Yoga 9-12yrs

Using stories, games, songs and partner work children use their imaginative and creative minds to perform postures, relaxation and breathing exercises.

Egham Leisure Centre 01784 437695

www.eghamleisurecentre.co.uk

Addlestone Leisure Centre 01932 858966

www.addlestone-leisure-centre.co.uk

Runnymede
leisure