

LAGOON LEISURE CENTRE

Tel: 0141 889 4000

MONDAY

7.00am - 7.45am.....Vibe Spinning
 10.00am - 10.45am.....Body Pump
 12.15pm - 1.00pm.....Body Combat
 12.30pm - 1.00pm.....Vibe Spinning
 4.15pm - 5.15pm.....Cheerleading
 5.15pm - 6.00pm.....Abs Workout
 5.30pm - 6.15pm.....Vibe Spinning
 6.00pm - 6.45pm.....Body Attack
 6.30pm - 7.15pm.....Tone
 7.30pm - 8.15pm.....Body Pump
 7.30pm - 8.15pm.....Zumba

TUESDAY

7.00am - 7.45am.....Body Pump
 9.00am - 9.45am.....Vibe Spinning
 10.30am - 11.15am.....Tai Chi
 12.15pm - 1.00pm.....Body Pump
 1.00pm - 1.45pm.....Powerhooping
 5.00pm - 5.45pm.....Body Attack
 5.00pm - 5.45pm.....Vibe Spinning
 6.00pm - 6.45pm.....Body Pump
 6.00pm - 6.45pm.....Belly Dancing
 7.30pm - 8.15pm.....Pilates
 8.00pm - 8.45pm.....Body Combat
 8.30pm - 9.15pm.....Vibe Spinning

WEDNESDAY

7.00am - 7.45am.....Vibe Spinning
 9.15am - 10.00am.....Zumba
 12.15pm - 1.00pm.....Body Attack
 12.15pm - 1.00pm.....Vibe Spinning
 1.00pm - 1.45pm.....Powerhooping
 5.15pm - 6.00pm.....Aerobics
 5.45pm - 6.30pm.....Vibe Cycle
 6.30pm - 7.15pm.....Vibe Spinning
 7.30pm - 8.15pm.....Pilates

THURSDAY

7.00am - 7.45am.....Body Combat
 10.00am - 10.45am.....Body Attack
 11.00am - 11.45am.....Tone
 12.15pm - 1.00pm.....Zumba
 1.00pm - 1.45pm.....Tone
 4.00pm - 4.45pm.....Hip/Hop Kids
 4.45pm - 5.30pm.....Vibe Spinning
 5.00pm - 5.45pm.....Zumba
 5.30pm - 6.15pm.....Vibe Spinning
 6.00pm - 6.45pm.....Body Combat
 6.30pm - 7.15pm.....Dance fit
 7.30pm - 8.15pm.....Body Pump

FRIDAY

7.00am - 7.45am.....Vibe Spinning
 10.00am - 10.45am.....Line Dancing
 12.15pm - 1.00pm.....Vibe Spinning
 1.00pm - 1.45pm.....Yoga/Pilates
 4.00pm - 4.45pm.....Zumba
 4.15pm - 5.00pm.....Vibe Spinning
 5.15pm - 5.45pm.....Powerhooping

SATURDAY

10.00am - 10.45am.....Body Pump
 11.00am - 11.45am.....Powerhooping
 12.15pm - 1.00pm.....Vibe Spinning
 4.00pm - 4.45pm.....Zumba

SUNDAY

10.00am - 10.45am.....Body Combat
 11.00am - 11.45am.....Body Pump
 12.00pm - 12.45pm.....Vibe Spinning

LINWOOD SPORTS CENTRE

Tel: 01505 331233

MONDAY

9.30am - 10.15am.....Keep-Fit
 10.30am - 11.15am.....Kick Aerobics
 4.30pm - 5.15pm.....Hip Hop Kidz (age 4 - 12years)
 5.45pm - 6.30pm.....Mixed Circuit
 5.30pm - 6.15pm.....Vibe Spinning
 6.45pm - 7.30pm.....Powerhoop
 6.30pm - 7.15pm.....Body Pump
 6.30pm - 8.00pm.....Vibe Spin + Abs
 7.00pm - 7.45pm.....Yoga
 7.30pm - 8.15pm.....Body Attack

TUESDAY

9.30am - 10.15am.....Body Pump
 10.30am - 11.15am.....Body Attack
 10.30am - 11.15am.....Easyline (Circuit)
 5.30pm - 6.15pm.....Body Pump
 6.30pm - 7.15pm.....Vibe Spinning
 6.30pm - 7.15pm.....Easyline (Circuit)
 6.30pm - 7.15pm.....Body Attack
 7.30pm - 8.15pm.....Easyline (Circuit)

WEDNESDAY

9.30am - 10.15am.....Body Attack
 10.30am - 11.15am.....Tone
 10.15am - 11.00am.....Easyline (Circuit)
 6.15pm - 7.00pm.....Mixed Circuit
 6.30pm - 7.15pm.....Vibe Spin
 6.30pm - 7.15pm.....Zumba
 6.30pm - 7.15pm.....Easyline (Circuit)
 7.30pm - 8.15pm.....Body Pump
 7.30pm - 8.15pm.....Easyline (Circuit)
 7.45pm - 8.30pm.....Thump Boxing
 8.30pm - 9.15pm.....Pilates



THURSDAY

9.15am - 10.00am.....Zumba
 10.15am - 11.00am.....Mixed-Circuit
 11.15am - 12.00pm.....Powerhoop
 5.30pm - 6.15pm.....Body Pump
 6.30pm - 7.15pm.....Body Attack
 6.30pm - 7.15pm.....Vibe Spinning

FRIDAY

9.30am - 10.15am.....Body Attack
 10.30am - 11.15am.....Body Pump
 10.45am - 11.30am.....Yoga
 5.30pm - 6.15pm.....Vibe Spinning
 5.30pm - 6.15pm.....Thump Boxing
 6.30pm - 7.15pm.....Aerobics/Tone

SATURDAY

9.30am - 10.15am.....Body Attack
 10.00am - 10.45am.....Vibe Spinning
 10.30am - 11.15am.....Tone

SUNDAY

12.00pm - 12.45pm.....Kettlercise
 1.00pm - 1.45pm.....Powerhoop
 12.30pm - 1.15pm.....Vibe Spinning

VITALITY

Before you begin a vitality programme - You must be referred by a health professional or self-referral (forms available at all centres). Please fill in and take to your vitality instructor.

| CLASS | CENTRE | DAY | TIME |
|---------------------------------|--------------------------------------|----------------|-------------------|
| Strength & Balance Class..... | Lagoon Leisure Centre..... | Monday..... | 1.00pm - 2.30pm |
| Strength & Balance Circuit..... | Johnstone Swimming Pool..... | Monday..... | 10.00am - 11.00am |
| Strength & Balance Circuit..... | Lagoon Leisure Centre..... | Monday..... | 2.30pm - 3.30pm |
| Strength & Balance Circuit..... | Elderslie Leisure Centre..... | Tuesday..... | 1.30pm - 2.30pm |
| Strength & Balance Circuit..... | Lagoon Leisure Centre..... | Wednesday..... | 11.00am - 12.00pm |
| Strength & Balance Circuit..... | Lagoon Leisure Centre..... | Thursday..... | 12.00pm - 1.00pm |
| Strength & Balance Circuit..... | Elderslie Leisure Centre..... | Thursday..... | 1.30pm - 2.30pm |
| Strength & Balance Circuit..... | Lagoon Leisure Centre..... | Friday..... | 11.00am - 12.00pm |
| Strength & Balance Circuit..... | Linwood Sports Centre..... | Friday..... | 11.30am - 12.30pm |
| Step - in Circuit..... | Johnstone Swimming Pool..... | Monday..... | 11.00am - 12.00pm |
| Step - in Circuit..... | Elderslie Leisure Centre..... | Monday..... | 1.00pm - 2.00pm |
| Step - in Circuit..... | Lagoon Leisure Centre..... | Tuesday..... | 11.00am - 12.00pm |
| Step - in Circuit..... | Renfrew Victory Baths..... | Thursday..... | 12.00pm - 1.00pm |
| Step - in Circuit..... | Lagoon Leisure Centre..... | Thursday..... | 2.30pm - 3.30pm |
| Step - up Circuit..... | Linwood Sports Centre..... | Monday..... | 11.30am - 12.30pm |
| Step - up Circuit..... | Lagoon Leisure Centre..... | Tuesday..... | 10.00am - 11.00am |
| Step - up Circuit..... | Erskine Sports Centre..... | Tuesday..... | 11.15am - 12.15pm |
| Step - up Circuit..... | Ralston Community Sports Centre..... | Tuesday..... | 1.00pm - 2.00pm |
| Step - up Circuit..... | Lagoon Leisure Centre..... | Wednesday..... | 10.00am - 11.00am |
| Step - up Circuit..... | Linwood Sports Centre..... | Wednesday..... | 11.30am - 12.30pm |
| Step - up Circuit..... | Elderslie Leisure Centre..... | Thursday..... | 12.00pm - 1.00pm |



RENFREW LEISURE CENTRE

Tel: 0141 886 6916

MONDAY
 12.00pm - 12.45pmDance Fit
 12.00pm - 12.45pm.....Vibe spinning
 12.15pm - 1.00pm.....Powerhoop
 4.00pm - 6.00pm.....Cheerleading (6yrs+)
 6.00pm - 6.45pm.....Vibe Spinning
 6.00pm - 6.30pm.....Abs Workout (Club members only)
 6.00pm - 6.45pm.....Powerhoop
 6.15pm - 7.00pm.....Body Pump
 7.00pm - 7.45pm.....Body Attack
 8.00pm - 8.45pm.....Pilates

TUESDAY
 7.00am - 7.45am.....Powerhoop
 12.00pm - 12.45pm.....Pilates
 5.30pm - 6.15pm.....Mixed Circuit
 6.00pm - 6.45pm.....Body Attack
 6.15pm - 7.00pm.....Vibe Spinning
 6.45pm - 7.30pm.....Body Combat
 7.45pm - 8.30pm.....Body Pump

WEDNESDAY
 7.00am - 7.45am.....Powerhoop
 12.15pm - 1.00pm.....Body Combat
 5.15pm - 6.00pm.....Body Combat
 6.00pm - 6.45pm.....Tone
 6.15pm - 7.00pm.....Kettlercise
 6.30pm - 7.15pm.....Vibe Spin/Circuit
 7.00pm - 7.45pm.....Boxercise

THURSDAY
 12.15pm - 1.00pm.....Zumba
 6.00pm - 6.45pm.....Vibe Spinning
 6.00pm - 6.45pm.....Thump Boxing
 7.00pm - 7.45pm.....Yoga
 8.00pm - 8.45pm.....Vibe Spinning
 8.15pm - 9.00pm.....Zumba



FRIDAY
 12.15pm - 1.00pm.....Tone
 12.15pm - 1.00pm.....Mixed Circuit
 5.00pm - 5.45pm.....Powerhoop
 6.00pm - 6.30pm.....Abs Workout (Club members only)

SATURDAY
 10.00am - 10.45am.....Zumba
 11.00am - 11.45am.....Zumbatomic (4 - 12 years)
 11.15am - 11.45am.....Vibe Spinning
 12.00pm - 12.45pm.....Body Combat

SUNDAY
 11.00am - 11.45am.....Body Pump
 11.45am - 12.30pm.....Body Combat
 12.30pm - 1.15pm.....Tone

CLASSES MAY BE SUBJECT TO CHANGE
 Terms and conditions apply

www.renfrewshireleisure.com

JOHNSTONE POOL

Tel: 01505 322954

Monday
 10.00am - 11.00am.....Aqua Fit
 8.30pm - 9.30pm.....Swim Fitness
Tuesday
 6.30pm - 7.15pm.....Mixed Circuits
Wednesday
 9.45am - 10.45am.....Aqua Fit
 5.45pm - 6.30pm.....Aqua Zumba
 6.00pm - 6.45pm.....Zumba
Thursday
 7.30pm - 8.30pm.....Aqua Fit



RENFREW VICTORY BATHS

Tel: 0141 886 2088

MONDAY
 10.30am - 11.15am.....Zumba
 6.00pm - 7.00pm.....Aqua Aerobics
WEDNESDAY
 5.30pm - 5.45pm.....Zumba
 7.00pm - 8.00pm.....Aqua Natal
 8.00pm - 9.00pm.....Aqua Aerobics

FRIDAY
 10.30am - 11.15am.....Zumba
SUNDAY
 11.00am - 11.45am.....Zumba

ERSKINE POOL

Tel: 0141 812 0044

TUESDAY
 8.15pm - 9.15pm.....Aqua Zumba
THURSDAY
 8.00pm - 9.00pm.....Aqua Zumba
FRIDAY
 10.00am - 11.00am.....Aqua Fit

RALSTON COMMUNITY SPORTS CENTRE

Tel: 0141 883 5840

MONDAY
 9.30am - 10.15am.....Powerhoop
 10.15am - 11.00am.....Kettlercise
 12.15pm - 1.00pm.....Zumba
 5.15pm - 6.00pm.....Pilates
 6.15pm - 7.00pm.....Mixed Circuit
 7.15pm - 8.00pm.....Dance Fit
 8.15pm - 9.00pm.....Yoga

TUESDAY
 9.30am - 10.15am.....Bootcamp
 10.30am - 11.15am.....Powerhoop
 7.30pm - 8.15pm.....Vibe Spinning
 8.15pm - 9.00pm.....Gym Circuit
 8.30pm - 9.15pm.....Powerhoop

WEDNESDAY
 9.30am - 10.15am.....Dance Fit
 6.15pm - 7.00pm.....Zumba
 7.00pm - 7.45pm.....Thump Boxing
 8.00pm - 8.45pm.....Kettlercise

THURSDAY
 9.30am - 10.15am.....Mixed Circuits
 10.30am - 11.15am.....Tone
 6.15pm - 7.00pm.....Zumba
 7.15pm - 8.00pm.....Tone
 8.15pm - 9.00pm.....Vibe Spinning

FRIDAY
 9.30am - 10.15am.....Gym Circuit
 10.30am - 11.15am.....Kettlercise
 4.30pm - 5.15pm.....Vibe Spinning

SATURDAY
 10.00am - 10.45am.....Powerhoop
 11.00am - 11.45am.....Dance Fit

ELDERSLIE POOL

Tel: 01505 328133

FRIDAY
 11.00am - 11.45am.....Tone
 12.00pm - 1.00pm.....Aqua Fit

ERSKINE SPORTS CENTRE

Tel: 0141 812 7722

MONDAY
 9.15am - 10.00am.....Powerhooping
 10.00am - 10.45am.....Circuits
 11.30am - 12.15pm.....Pilates
 7.00pm - 7.45pm.....Pilates
 6.00pm - 6.45pm.....Vibe Spinning
 6.45pm - 7.30pm.....Vibe Spinning
 8.00pm - 8.45pm.....Vibe Spinning
 8.00pm - 8.45pm.....Thump Boxing

TUESDAY
 9.15am - 10.00am.....Vibe Spinning
 10.00am - 10.45am.....Tone
 4.00pm - 4.45pm.....Zumbatomic (4 - 7 years)
 4.45pm - 5.30pm.....Zumbatomic (8 - 12 years)
 6.00pm - 6.45pm.....Vibe Spinning
 7.00pm - 7.45pm.....Zumba
 7.00pm - 7.45pm.....Vibe Spinning
 8.00pm - 8.45pm.....Body Attack
 8.00pm - 8.45pm.....Yoga

WEDNESDAY
 10.00am - 10.45am.....Circuits
 10.00am - 10.45am.....Yoga
 11.00am - 11.45am.....Zumba
 6.00pm - 6.45pm.....Vibe Spinning
 6.00pm - 6.45pm.....Body Attack
 7.00pm - 7.45pm.....Body Pump
 8.00pm - 8.45pm.....Body Combat

THURSDAY
 9.15am - 10.00am.....Vibe Spinning
 10.00am - 10.45am.....Thump Boxing
 6.00pm - 6.45pm.....Vibe Spinning
 7.00pm - 7.45pm.....Step Aerobics
 7.00pm - 7.45pm.....Powerhooping
 8.00pm - 8.45pm.....Zumba

FRIDAY
 9.00am - 9.45am.....Circuits
 10.00am - 10.45am.....50+ Gentle Circuit
 6.00pm - 6.45pm.....Body Combat
 6.00pm - 6.45pm.....Vibe Spinning

SATURDAY
 11.15am - 12.00pm.....Vibe Spinning
SUNDAY
 10.00am - 10.45am.....Body Combat
 11.00am - 11.45am.....Body Pump
 11.15am - 12.00pm.....Vibe Spinning

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Fitness Programme

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