

# LAGOON LEISURE CENTRE

Tel: 0141 889 4000

**MONDAY**

10.00am - 11.00am	Body Pump
10.30am - 11.30am	Aqua Fit
12.10pm - 12.50pm	Body Combat
12.15pm - 1.00pm	Vibe Cycle
5.15pm - 6.00pm	Abs Workout
5.30pm - 6.15pm	Vibe Cycle
6.00pm - 7.00pm	Body Attack
6.15pm - 7.15pm	Tone
6.30pm - 7.30pm	Aqua Fit
7.00pm - 8.00pm	Body Pump
7.15pm - 8.15pm	Zumba (starting mid June)

**TUESDAY**

9.15am - 10.00am	Vibe Cycle
10.30am - 11.30am	Tai Chi
12.10pm - 12.50pm	Body Pump
12.15pm - 1.00pm	Circuit/Abs
12.15pm - 1.15pm	Aqua Fit
5.00pm - 6.00pm	Body Attack
5.45pm - 6.30pm	Vibe Cycle
6.00pm - 7.00pm	Body Pump
6.00pm - 7.00pm	Belly Dancing
7.30pm - 8.30pm	Pilates
7.00pm - 7.45pm	Vibe Cycle
8.00pm - 9.00pm	Body Combat

**WEDNESDAY**

7.15am - 8.00am	Vibe Cycle
11.00am - 11.45am	Special Needs (chair aerobics)
12.10pm - 12.55pm	Body Attack
12.15pm - 1.00pm	Vibe Cycle
5.00pm - 6.00pm	Teen/Adult Boxing Circuit
5.45pm - 6.30pm	Vibe Cycle
6.00pm - 7.00pm	Shape-up
6.15pm - 7.15pm	Aerobics
5.45pm - 6.30pm	Vibe Cycle
6.30pm - 7.15pm	Vibe Cycle
6.30pm - 7.30pm	Aqua Fit
7.30pm - 8.30pm	Aqua Fit
7.30pm - 8.30pm	Pilates

**THURSDAY**

7.00am - 8.00am	Boot Camp
9.15am - 10.00am	Aqua Fit (senior)
10.00am - 11.00am	Body Attack
10.00am - 11.00am	Tone
12.15pm - 1.00pm	Pilates
12.15pm - 1.00pm	Zumba (starting mid June)
5.00pm - 6.00pm	Zumba
5.30pm - 6.30pm	Yoga
6.30pm - 7.15pm	Vibe Cycle
5.30pm - 6.30pm	Vibe Cycle
7.30pm - 8.15pm	Vibe Cycle
7.30pm - 8.30pm	Aqua Natal
6.00pm - 7.00pm	Body Combat
6.30pm - 7.30pm	Dance-Fit
7.15pm - 8.15pm	Body Pump

**FRIDAY**

7.00am - 7.45am	Vibe Cycle
10.00am - 11.00am	Line Dancing
10.30am - 11.30am	Aqua Fit
12.15pm - 1.00pm	Vibe Cycle
12.15pm - 1.00pm	Yoga
6.00pm - 7.00pm	Box-a-cise
4.00pm - 5.00pm	Zumba (starting mid June)
4.15pm - 5.00pm	Vibe Cycle

**SATURDAY**

10.00am - 11.00pm	Body Pump
11.00am - 12.00pm	Aerobics
11.15am - 12.00pm	Vibe Cycle
3.00pm - 3.45pm	Vibe Cycle

**SUNDAY**

10.00am - 11.00am	Body Combat
11.00am - 12.00pm	Body Pump
11.15am - 12.00pm	Vibe Cycle
1.00pm - 2.00pm	Aqua-Fit

# LINWOOD SPORTS CENTRE

Tel: 01505 331233

**MONDAY**

9.30am - 10.30am	Keep-fit
10.30am - 11.30am	Step Aerobics
5.30pm - 6.30pm	Mixed Circuit
6.30pm - 7.30pm	Body Pump
6.30pm - 8.00pm	Vibe Cycle + Abs
7.00pm - 8.15pm	Yoga
7.30pm - 8.30pm	Body Attack

**TUESDAY**

9.30am - 10.30am	Body Pump
10.30am - 11.30am	Box-a-cise
5.30pm - 6.30pm	Body Pump
6.30pm - 7.15pm	Vibe Cycle
6.30pm - 7.30pm	Body Attack

**WEDNESDAY**

9.30am - 10.30am	Tone
10.30am - 11.30am	Pilates
6.15pm - 7.15pm	Mixed Circuit
6.30pm - 7.15pm	Vibe Cycle
6.30pm - 7.30pm	Zumba (starting mid June)
7.30pm - 8.30pm	Body Pump

**THURSDAY**

10.00am - 11.00am	Mixed-Circuit
5.30pm - 6.30pm	Body Pump
6.30pm - 7.30pm	Body Attack
6.30pm - 7.15pm	Vibe Cycle



**FRIDAY**

9.30am - 10.30am	Body Attack
10.30am - 11.00am	Abs Workout
10.45am - 12.00pm	Yoga
5.30pm - 6.15pm	Vibe Cycle
6.30pm - 7.30pm	Body Pump

**SATURDAY**

9.30am - 10.30am	Body Attack
10.00am - 10.45am	Vibe Cycle
10.30am - 11.30am	Body Pump

**SUNDAY**

12.00pm - 12.45pm	Vibe Cycle
6.00pm - 6.45pm	Vibe Cycle

# ERSKINE SPORTS CENTRE

Tel: 0141 812 7722

**MONDAY**

10.00am - 11.00am	Circuits
11.30am - 12.30pm	Pilates
7.00pm - 8.00pm	Pilates
6.00pm - 6.45pm	Vibe Cycle
8.00pm - 8.45pm	Vibe Cycle

**TUESDAY**

10.00am - 11.00am	Tone
6.00pm - 6.45pm	Vibe Cycle
7.00pm - 8.00pm	Zumba
8.00pm - 9.00pm	Body Attack
8.45pm - 9.45pm	Yoga

**WEDNESDAY**

10.00am - 11.00am	Yoga
10.00am - 11.00am	Circuits
11.00am - 12.00pm	Zumba (starting mid June)
1.00pm - 1.45pm	Vibe Cycle
6.00pm - 6.45pm	Vibe Cycle
6.00pm - 7.00pm	Body Attack
7.00pm - 8.00pm	Body Pump
8.00pm - 9.00pm	Body Combat

**THURSDAY**

10.00am - 11.00am	Circuits
6.00pm - 6.45pm	Vibe Cycle
6.15pm - 7.15pm	Zumba (starting mid June)
7.00pm - 8.00pm	Step Aerobics
8.30pm - 9.30pm	Boxercise

**FRIDAY**

10.00am - 11.00am	50+ Gentle Circuit
6.00pm - 7.00pm	Body Combat
6.00pm - 6.45pm	Vibe Cycle

**SATURDAY**

11.15am - 12.00pm	Vibe Cycle
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**SUNDAY**

10.00am - 11.00am	Body Attack
11.00am - 12.00pm	Body Pump
11.15pm - 12.00pm	Vibe Cycle

# RENFREW LEISURE CENTRE

Tel: 0141 886 6916

**MONDAY**

12.00pm - 12.45pm	Senior Fitness
4.00pm - 6.00pm	Cheerleading (6yrs+)
6.00pm - 6.45pm	Vibe Cycle
5.30pm - 6.00pm/	Abs Workout
6.30pm - 7.00pm	(Club members only)
6.15pm - 7.15pm	Body Pump
6.00pm - 7.00pm	Belly Dancing
7.15pm - 8.15pm	Body Attack
7.30pm - 8.15pm	Vibe Cycle
8.15pm - 9.15pm	Pilates

**TUESDAY**

12.00pm - 1.00pm	Pilates
5.30pm - 6.15pm	Mixed Circuit
6.00pm - 6.45pm	Vibe Cycle
6.00pm - 7.00pm	Body Attack
7.00pm - 8.00pm	Body Combat
8.00pm - 9.00pm	Body Pump

**WEDNESDAY**

12.00pm - 1.00pm	Body Pump
5.00pm - 6.00pm	Body Combat
6.00pm - 7.00pm	Tone
6.15pm - 7.15pm	Body Pump
6.30pm - 7.30pm	Vibe Cycle/Circuit
7.00pm - 8.00pm	Boxercise
8.00pm - 8.45pm	Vibe Cycle

**THURSDAY**

12.00pm - 1.00pm	Stretch & Tone
6.00pm - 6.45pm	Vibe Cycle
7.00pm - 8.00pm	Yoga
8.00pm - 8.45pm	Vibe Cycle
8.00pm - 9.00pm	Zumba (starting mid June)

**FRIDAY**

12.00pm - 1.00pm	Senior Fitness
12.15pm - 1.00pm	Mixed Circuit
5.15pm - 6.00pm	Vibe Cycle
6.00pm - 6.30pm	Abs Workout (club members only)
6.15pm - 7.15pm	Body Pump

**SATURDAY**

10.00am - 11.00am	Zumba (starting 3rd July)
11.00am - 11.45am	Vibe Cycle
12.00pm - 1.00pm	Body Combat

**SUNDAY**

11.00am - 11.45am	Vibe Cycle
11.00am - 12.00pm	Body Pump
12.30pm - 1.30pm	Body Combat
1.30pm - 2.15pm	Tone



# JOHNSTONE POOL

Tel: 01505 322954

**MONDAY**

10.00am - 11.00am	Aqua Fit
11.00am - 11.30am	Aqua Fit (special needs/low level)

**WEDNESDAY**

9.45am - 10.30am	Aqua Fit
6.00pm - 7.00pm	Zumba (starting mid June)

**THURSDAY**

12.30pm - 1.30pm	Line Dancing
7.30pm - 8.30pm	Aqua Fit



# RENFREW VICTORY BATHS

Tel: 0141 886 2088

**MONDAY**

6.00pm - 7.00pm	Aqua Aerobics
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# ELDERSLIE POOL

Tel: 01505 328133

**FRIDAY**

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

# ERSKINE POOL

Tel: 0141 812 0044

**TUESDAY**

8.00pm - 9.00pm	Aqua Aerobics
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**FRIDAY**

10.00am - 11.00am	Aqua Aerobics
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# RALSTON COMMUNITY SPORTS CENTRE

Tel: 0141 883 5840

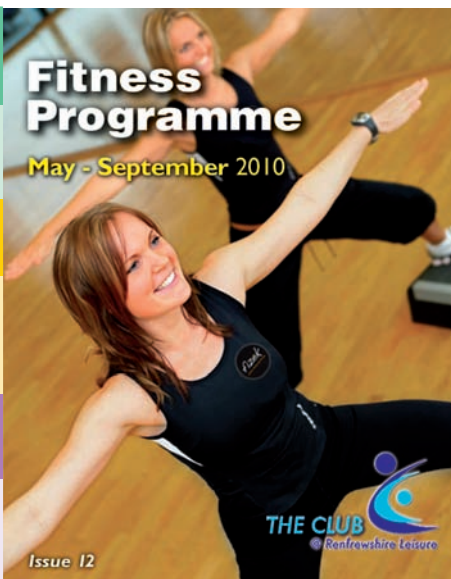
**Aerobic Programme starts May 2010 and will develop to include:**

**Tone, Pilates, Yoga, Thump Boxing, Vibe Cycle & many more.**

For more details contact the centre or see our website.

[www.renfreshireleisure.com](http://www.renfreshireleisure.com)

CLASSES MAY BE SUBJECT TO CHANGE  
Terms and conditions apply



# Fitness Programme

May - September 2010

Issue 12

