

# FITNESS PROGRAMME OCTOBER '18 - DECEMBER '18

## FITNESS CLASS KEY

- Cardio Calorie Burner
- Strength and Conditioning Calorie Burner
- Fun and Energising
- Health and Wellbeing
- Buggy Friendly



[RENFREWSHIRELEISURE.COM](http://RENFREWSHIRELEISURE.COM)



# LAGOON LEISURE CENTRE Tel: 0300 300 0250

● Cardio Calorie Burner | 
 ● Strength and Conditioning Calorie Burner | 
 ● Fun and Energising | 
 ● Health and Wellbeing  
● Buggy Friendly

MON	START	END	ACTIVITY
<span style="color: yellow;">●</span>	6.45am	7.30am	Spin Cycle Training
<span style="color: yellow;">●</span>	7.15am	7.45am	Metafit
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Pump
<span style="color: red;">●</span>	10.30am	11.15am	Aqua Fit
<span style="color: green;">●</span>	11.00am	12.00pm	Keep-fit - Mature
<span style="color: green;">●</span>	12.15pm	1.00pm	Ballroom Fitness
<span style="color: yellow;">●</span>	12.15pm	1.00pm	Body Combat
<span style="color: green;">●</span>	12.15pm	1.00pm	Vibe Spin Disco
<span style="color: red;">●</span>	5.15pm	5.45pm	Abs Workout
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Spin Cycle Training
<span style="color: yellow;">●</span>	5.45pm	6.30pm	Body Attack
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Body Combat
<span style="color: red;">●</span>	6.30pm	7.15pm	Tone
<span style="color: red;">●</span>	6.45pm	7.30pm	Aqua Fit
<span style="color: green;">●</span>	7.00pm	7.45pm	Vibe Spin Disco
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Pump
<span style="color: green;">●</span>	7.30pm	8.15pm	Clubbercise
<span style="color: red;">●</span>	7.45pm	8.45pm	Hydro Spin

TUE	START	END	ACTIVITY
<span style="color: yellow;">●</span>	7.00am	7.45am	Body Pump
<span style="color: blue;">●</span>	9.30am	10.15am	Vibe Spin Disco
<span style="color: blue;">●</span>	10.30am	11.30am	Tai Chi/Chi Gong - Mature
<span style="color: yellow;">●</span>	12.15pm	1.00pm	Body Pump
<span style="color: red;">●</span>	12.15pm	1.00pm	Aqua Fit
<span style="color: yellow;">●</span>	5.00pm	5.45pm	Body Pump
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Spin Cycle Training
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Body Attack
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Spin Cycle Training
<span style="color: green;">●</span>	7.00pm	7.45pm	Sosa Fitness
<span style="color: blue;">●</span>	7.45pm	8.45pm	Pilates

WED	START	END	ACTIVITY
<span style="color: yellow;">●</span>	6.45am	7.15am	Spin Cycle Training
<span style="color: yellow;">●</span>	7.15am	7.45am	Metafit
<span style="color: green;">●</span>	9.15am	10.00am	Zumba
<span style="color: yellow;">●</span>	10.30am	11.15am	Body Combat
<span style="color: yellow;">●</span>	12.15pm	1.00pm	Vibe Spin Disco
<span style="color: green;">●</span>	12.15pm	1.00pm	Sosa Fitness
<span style="color: red;">●</span>	1.00pm	1.30pm	Circuits
<span style="color: blue;">●</span>	1.00pm	2.00pm	Pilates
<span style="color: yellow;">●</span>	5.30pm	7.00pm	Les Mills (Pump, Attack, Combat Combo)
<span style="color: yellow;">●</span>	6.00pm	6.30pm	Metafit
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Vibe Spin Disco
<span style="color: yellow;">●</span>	6.00pm	7.00pm	Body Attack/Combat
<span style="color: yellow;">●</span>	6.30pm	7.00pm	Metafit
<span style="color: red;">●</span>	7.00pm	7.30pm	Circuits
<span style="color: blue;">●</span>	7.30pm	8.30pm	Pilates

THU	START	END	ACTIVITY
<span style="color: yellow;">●</span>	7.00am	7.45am	Body Combat
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Attack
<span style="color: red;">●</span>	11.00am	11.45am	Tone
<span style="color: red;">●</span>	12.00pm	12.45pm	Aqua Fit
<span style="color: green;">●</span>	12.15pm	1.00pm	Zumba
<span style="color: yellow;">●</span>	5.15pm	6.00pm	Body Combat
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Spin Cycle Training
<span style="color: green;">●</span>	6.15pm	6.55pm	Tap-Fit ( dates TBC)
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Pump

FRI	START	END	ACTIVITY
<span style="color: yellow;">●</span>	6.45am	7.30am	Spin Cycle Training
<span style="color: yellow;">●</span>	7.15am	7.45am	Metafit
<span style="color: red;">●</span>	9.30am	10.15am	Circuits
<span style="color: green;">●</span>	10.00am	10.45am	Line Dancing
<span style="color: red;">●</span>	12.15pm	12.45pm	Abs Workout
<span style="color: yellow;">●</span>	12.15pm	12.45pm	Buggy Friendly Metafit
<span style="color: blue;">●</span>	1.00pm	1.45pm	Yoga/Pilates
<span style="color: green;">●</span>	2.00pm	2.45pm	Tap-Fit (dates TBC)
<span style="color: green;">●</span>	4.00pm	4.45pm	Zumba
<span style="color: red;">●</span>	4.15pm	4.45pm	Circuits
<span style="color: yellow;">●</span>	4.15pm	5.00pm	Spin Cycle Training
<span style="color: green;">●</span>	5.15pm	6.00pm	Tone
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Body Attack

SAT	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.00am	9.30am	Metafit
<span style="color: yellow;">●</span>	9.15am	10.00am	Spin Cycle Training
<span style="color: yellow;">●</span>	9.45am	10.30am	Body Pump
<span style="color: blue;">●</span>	11.15am	12.00pm	Pilates
<span style="color: yellow;">●</span>	12.00pm	12.45pm	Body Combat

SUN	START	END	ACTIVITY
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Combat
<span style="color: yellow;">●</span>	11.00am	11.45am	Body Pump
<span style="color: yellow;">●</span>	12.00pm	12.45pm	Spin Cycle Training
<span style="color: yellow;">●</span>	12.00pm	12.30pm	Metafit
<span style="color: green;">●</span>	12.30pm	1.15pm	Clubbercise

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# ON-X LINWOOD TEL: 0300 300 0250

● Cardio Calorie Burner | 
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 ● Health and Wellbeing  
● Buggy Friendly

MON	START	END	ACTIVITY
<span style="color: yellow;">●</span>	6.45am	7.30am	Vibe Spin Disco
<span style="color: red;">●</span>	9.30am	10.15am	Tone
<span style="color: yellow;">●</span>	9.30am	10.15am	Body Attack
<span style="color: yellow;">●</span>	9.30am	10.15am	Spin Cycle Training
<span style="color: yellow;">●</span>	10.30am	11.15am	Body Combat
<span style="color: red;">●</span>	5.30pm	6.15pm	Circuits
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Vibe Spin Disco
<span style="color: yellow;">●</span>	6.15pm	6.45pm	Metafit
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Bodypump
<span style="color: yellow;">●</span>	6.30pm	8.00pm	Vibe Spin + Abs Workout
<span style="color: blue;">●</span>	7.20pm	8.00pm	Pilates
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Attack
<span style="color: blue;">●</span>	8.30pm	9.30pm	Pilates

TUE	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.30am	10.15am	Spin Cycle Training
<span style="color: yellow;">●</span>	9.30am	10.15am	Body Pump
<span style="color: red;">●</span>	10.15am	10.45am	On-X Rig
<span style="color: yellow;">●</span>	10.30am	11.15am	Body Attack
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Body Pump
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Spin Cycle Training
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Body Attack
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Vibe Spin Disco
<span style="color: red;">●</span>	7.15pm	7.45pm	On-X Rig
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Attack

WED	START	END	ACTIVITY
<span style="color: blue;">●</span>	9.15am	10.15am	Yoga
<span style="color: red;">●</span>	9.15am	10.00am	Circuits
<span style="color: yellow;">●</span>	9.30am	10.15am	Vibe Spin Disco
<span style="color: yellow;">●</span>	9.30am	10.15am	Body Attack
<span style="color: red;">●</span>	10.30am	11.15am	Tone
<span style="color: green;">●</span>	11.30am	12.15pm	Sosa Fitness
<span style="color: green;">●</span>	5.30pm	6.15pm	Zumba
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Spin Cycle Training
<span style="color: red;">●</span>	6.30pm	7.15pm	Circuits
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Vibe Spin Disco
<span style="color: red;">●</span>	7.30pm	8.00pm	Tone
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Pump
<span style="color: green;">●</span>	8.00pm	9.00pm	Dance Fit
<span style="color: blue;">●</span>	8.30pm	9.30pm	Yoga

THU	START	END	ACTIVITY
<span style="color: green;">●</span>	9.15am	10.00am	Zumba
<span style="color: yellow;">●</span>	9.30am	10.15am	Vibe Spin Disco
<span style="color: red;">●</span>	10.15am	11.00am	Circuits
<span style="color: blue;">●</span>	11.15am	12.00pm	Tai Chi
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Spin Cycle Training
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Body Pump
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Body Attack
<span style="color: yellow;">●</span>	6.30pm	7.15pm	Vibe Spin Disco
<span style="color: red;">●</span>	7.15pm	7.45pm	On-X Rig
<span style="color: yellow;">●</span>	7.30pm	8.15pm	Body Combat

FRI	START	END	ACTIVITY
<span style="color: yellow;">●</span>	6.45am	7.30am	Spin Cycle Training
<span style="color: yellow;">●</span>	9.00am	9.30am	H.I.I.T (High Intensity Interval Training)
<span style="color: yellow;">●</span>	9.30am	10.15am	Body Attack
<span style="color: red;">●</span>	9.30am	10.15am	Tone Mature
<span style="color: yellow;">●</span>	10.30am	11.15am	Body Pump
<span style="color: red;">●</span>	10.30am	11.30am	Aqua Fit
<span style="color: red;">●</span>	11.15am	11.45am	On-X Rig (Ladies Only)
<span style="color: yellow;">●</span>	11.30am	12.15pm	Body Combat
<span style="color: red;">●</span>	12:30pm	1.15pm	Tone & Abs
<span style="color: yellow;">●</span>	5.15pm	5.45pm	Metafit
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Vibe Spin Disco

SAT	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.30am	11.00am	Les Mills (Pump, Attack, Combat Combo)
<span style="color: yellow;">●</span>	10.00am	10.45am	Vibe Spin Disco
<span style="color: yellow;">●</span>	10.00am	11.00am	Body Attack/combat

SUN	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.45am	10.30am	Body Combat
<span style="color: yellow;">●</span>	10.00am	10.45am	Vibe Spin Disco
<span style="color: red;">●</span>	11.15am	12.00pm	Kettlebells
<span style="color: red;">●</span>	12.00pm	12.45pm	Tone

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# ERSKINE SPORTS CENTRE TEL: 0300 300 0250

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MON	START	END	ACTIVITY
<span style="color: red;">●</span>	10.00am	10.45am	Circuits
<span style="color: green;">●</span>	11.15am	12.15pm	Keep Fit
<span style="color: yellow;">●</span>	5.00pm	5.45pm	Bodypump
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Vibe Spin
<span style="color: red;">●</span>	6.00pm	6.45pm	Circuits
<span style="color: blue;">●</span>	7.00pm	8.00pm	Pilates
<span style="color: yellow;">●</span>	7.00pm	7.30pm	Metafit
<span style="color: green;">●</span>	8.00pm	8.45pm	Pound Fitness

TUE	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.15am	10.00am	Vibe Spin
<span style="color: red;">●</span>	10.00am	10.45am	Tone
<span style="color: yellow;">●</span> <span style="color: blue;">●</span>	10.00am	10.30am	H.I.I.T (High Intensity Interval Training)
<span style="color: green;">●</span>	11.00am	11.45am	Ballroom Fitness
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Vibe Spin
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Bootcamp
<span style="color: yellow;">●</span>	6.30pm	7.00pm	Fatburn Extreme
<span style="color: red;">●</span>	7.00pm	7.30pm	Abs Workout
<span style="color: yellow;">●</span>	7.00pm	7.45pm	Body Combat
<span style="color: yellow;">●</span>	7.00pm	7.45pm	Vibe Spin
<span style="color: green;">●</span>	8.00pm	8.45pm	Sh'bam

WED	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.15am	10.00am	Vibe Spin
<span style="color: red;">●</span>	10.00am	10.45am	Circuits
<span style="color: blue;">●</span>	10.00am	11.00am	Yoga
<span style="color: green;">●</span>	11.00am	11.45am	Zumba
<span style="color: green;">●</span>	6.00pm	6.45pm	Zumba
<span style="color: red;">●</span>	6.00pm	6.45pm	Box Fit
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Vibe Spin
<span style="color: red;">●</span>	7.00pm	7.45pm	Kettlebells
<span style="color: yellow;">●</span>	7.00pm	7.45pm	Bodypump
<span style="color: yellow;">●</span>	8.00pm	8.45pm	Body Attack

THU	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.15am	10.00am	Vibe Spin
<span style="color: yellow;">●</span>	10.15am	11.00am	Body Pump
<span style="color: blue;">●</span>	11.00am	12.00pm	Yoga
<span style="color: green;">●</span>	12.00pm	12.45pm	Line Dancing
<span style="color: yellow;">●</span>	6.00pm	6.30pm	Metafit
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Vibe Spin
<span style="color: red;">●</span>	6.30pm	7.00pm	Abs Workout
<span style="color: yellow;">●</span>	7.00pm	7.45pm	Body Attack
<span style="color: green;">●</span>	8.00pm	8.45pm	Zumba

FRI	START	END	ACTIVITY
<span style="color: red;">●</span>	9.15am	10.00am	Circuits
<span style="color: green;">●</span>	10.00am	11.00am	Keep Fit - Mature
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Body Combat

SAT	START	END	ACTIVITY
<span style="color: yellow;">●</span>	10.00am	10.45am	Bootcamp

SUN	START	END	ACTIVITY
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Combat
<span style="color: yellow;">●</span>	10.00am	10.45am	Vibe Spin
<span style="color: yellow;">●</span>	11.00am	11.45am	Body Pump

## ERSKINE POOL

TUE	START	END	ACTIVITY
<span style="color: red;">●</span>	12.00pm	12.45pm	Aqua Fit

FRI	START	END	ACTIVITY
<span style="color: red;">●</span>	9.45am	10.30am	Aqua Fit

FOR MORE INFORMATION CALL RENFREWSHIRE LEISURE

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 ● Health and Wellbeing  
● Buggy Friendly

MON	START	END	ACTIVITY
<span style="color: blue;">●</span>	9.30am	10.15am	Yoga/Pilates/Tai Chi
<span style="color: green;">●</span>	12.00pm	12.45pm	Keep Fit - Mature
<span style="color: yellow;">●</span>	5.30pm	6.00pm	Xpress Body Attack
<span style="color: green;">●</span>	6.15pm	7.00pm	Clubbercise
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Spin Cycle Training
<span style="color: yellow;">●</span>	6.15pm	7.00pm	Body Pump
<span style="color: blue;">●</span>	7.00pm	7.45pm	Pilates

TUE	START	END	ACTIVITY
<span style="color: green;">●</span>	11.00am	11.45am	Ballroom Fitness
<span style="color: green;">●</span>	12.00pm	1.00pm	Pilates
<span style="color: red;">●</span>	5.30pm	6.15pm	Circuits
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Body Attack
<span style="color: yellow;">●</span>	6.45pm	7.30pm	Body Combat
<span style="color: green;">●</span>	7.30pm	8.15pm	Yoga/Pilates/Tai Chi

WED	START	END	ACTIVITY
<span style="color: yellow;">●</span>	7.00am	7.45am	Body Combat
<span style="color: green;">●</span>	10.00am	10.45am	Line Dancing
<span style="color: green;">●</span>	11.00am	11.45am	Zumba
<span style="color: yellow;">●</span>	5.30pm	6.15pm	Body Combat
<span style="color: green;">●</span>	6.15pm	7.00pm	Clubbercise
<span style="color: red;">●</span>	6.15pm	7.00pm	Tone
<span style="color: red;">●</span>	7.00pm	7.30pm	Core De Force

THU	START	END	ACTIVITY
<span style="color: red;">●</span>	7.15am	7.45am	Circuits
<span style="color: green;">●</span>	12.15pm	1.00pm	Ballroom Fitness
<span style="color: yellow;">●</span>	6.00pm	6.45pm	Spin Cycle Training
<span style="color: red;">●</span>	6.15pm	7.00pm	Kettlebells
<span style="color: green;">●</span>	7.00pm	8.00pm	Yoga

FRI	START	END	ACTIVITY
<span style="color: blue;">●</span>	11.15am	12.15pm	Yoga
<span style="color: green;">●</span>	12.15pm	1.00pm	Keep Fit - Mature
<span style="color: yellow;">●</span>	5.15pm	5.45pm	Metafit

SAT	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.30am	10.00am	Metafit
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Combat
<span style="color: green;">●</span>	10.15am	11.00am	Zumba
<span style="color: green;">●</span>	11.00am	11.45am	Sosa Fitness

SUN	START	END	ACTIVITY
<span style="color: yellow;">●</span>	10.30am	11.15am	Body Pump
<span style="color: yellow;">●</span>	11.30am	12.15pm	Body Combat
<span style="color: red;">●</span>	12.15pm	1.00pm	Tone

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MON	START	END	ACTIVITY
<span style="color: red;">●</span>	12.30pm	1.30pm	Aqua Fit
<span style="color: green;">●</span>	6.15pm	7.00pm	Pound Fitness
<span style="color: yellow;">●</span>	7.00pm	7.30pm	HITT (Step)
<span style="color: green;">●</span>	7.30pm	8.15pm	Clubbercise

TUE	START	END	ACTIVITY
<span style="color: red;">●</span>	9.30am	10.15am	Hydro Spin
<span style="color: red;">●</span>	6.15pm	7.00pm	Circuits
<span style="color: blue;">●</span>	7.30pm	8.30pm	Yoga

WED	START	END	ACTIVITY
<span style="color: red;">●</span>	6.00pm	6.45pm	Hydro Spin
<span style="color: red;">●</span>	6.15pm	7.00pm	Zumba
<span style="color: red;">●</span>	7.00pm	7.45pm	Piloxing

THU	START	END	ACTIVITY
<span style="color: red;">●</span>	9.30am	10.15am	Hydro Spin
<span style="color: red;">●</span>	12.30pm	1.30pm	Aqua Fit
<span style="color: red;">●</span>	6.15pm	7.00pm	Tone
<span style="color: red;">●</span>	7.15pm	8.15pm	Aqua Fit
<span style="color: green;">●</span>	7.15pm	8.00pm	Clubbercise
<span style="color: blue;">●</span>	8.30pm	9.30pm	Yoga

FRI	START	END	ACTIVITY
<span style="color: red;">●</span>	5.45pm	6.15pm	Abs Workout
<span style="color: red;">●</span>	6.15pm	7.00pm	Circuits

SAT	START	END	ACTIVITY
<span style="color: green;">●</span>	9.30am	10.15am	Clubbercise

SUN	START	END	ACTIVITY
<span style="color: yellow;">●</span>	10.00am	10.45am	Body Attack

FOR MORE INFORMATION CALL RENFREWSHIRE LEISURE

ON **0300 300 0250**

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## LAGOON WELLNESS STUDIO TEL: 0300 300 0250

● Cardio Calorie Burner | 
 ● Strength and Conditioning Calorie Burner | 
 ● Fun and Energising | 
 ● Health and Wellbeing  
● Buggy Friendly

MON	START	END	ACTIVITY
<span style="color: blue;">●</span>	7.00am	8.00am	Vinyasa Yoga
<span style="color: blue;">●</span>	10.15am	11.00am	Pilates Reformer
<span style="color: blue;">●</span>	11.00am	12.00pm	Ashtanga Yoga
<span style="color: blue;">●</span>	5.30pm	6.30pm	Hot Yoga
<span style="color: blue;">●</span>	6.30pm	7.30pm	Hot Yoga
TUE	START	END	ACTIVITY
<span style="color: blue;">●</span>	7.00am	8.00am	Vinyasa Yoga
<span style="color: blue;">●</span>	12.00pm	1.00pm	Vinyasa Yoga
<span style="color: blue;">●</span>	8.15pm	9.15pm	Ashtanga Yoga
WED	START	END	ACTIVITY
<span style="color: blue;">●</span>	12.15pm	1.00pm	Yin Yoga
<span style="color: blue;">●</span>	5.30pm	6.30pm	Yin Yoga
<span style="color: blue;">●</span>	6.30pm	7.30pm	Pre-natal Yoga
<span style="color: blue;">●</span>	7.30pm	8.30pm	Meditation & Guided Relaxation

THU	START	END	ACTIVITY
<span style="color: blue;">●</span>	12.15pm	1.15pm	Vinyasa Yoga
<span style="color: blue;">●</span>	1.30pm	2.30pm	Ashtanga Yoga
<span style="color: blue;">●</span>	6.30pm	7.15pm	RL Barre Fit
FRI	START	END	ACTIVITY
<span style="color: blue;">●</span>	8.15am	9.15am	Vinyasa Yoga
<span style="color: blue;">●</span>	10.00am	11.00am	Meditation & Guided Relaxation
<span style="color: blue;">●</span>	5.00pm	6.00pm	Hot Yoga
SAT	START	END	ACTIVITY
<span style="color: blue;">●</span>	10.00am	11.00am	Vinyasa Yoga
SUN	START	END	ACTIVITY
<span style="color: blue;">●</span>	10.00am	11.00am	Meditation & Guided Relaxation
<span style="color: blue;">●</span>	11.30am	12.15pm	Pilates Reformer

## RALSTON COMMUNITY SC TEL: 0300 300 0250

MON	START	END	ACTIVITY
<span style="color: yellow;">●</span>	9.30am	10.00am	Metafit
<span style="color: blue;">●</span>	1.00pm	2.00pm	Pilates
<span style="color: blue;">●</span>	5.15pm	6.00pm	Pilates
<span style="color: green;">●</span>	7.15pm	8.00pm	Dancefit
TUE	START	END	ACTIVITY
<span style="color: red;">●</span>	9.30am	10.00am	Tone
<span style="color: red;">●</span>	6.30pm	7.00pm	Core de Force
<span style="color: green;">●</span>	7.15pm	8.00pm	Clubbercise
WED	START	END	ACTIVITY
<span style="color: yellow;">●</span> <span style="color: blue;">●</span>	9.30am	10.00am	Metafit
<span style="color: green;">●</span>	10.00am	10.45am	Ballroom Fitness
<span style="color: yellow;">●</span>	6.30pm	7.15pm	HITT/GYM Circuit

THU	START	END	ACTIVITY
<span style="color: green;">●</span>	5.15pm	6.15pm	Pilates
<span style="color: red;">●</span>	6.30pm	7.15pm	Tone
SAT	START	END	ACTIVITY
<span style="color: blue;">●</span>	9.45am	10.45am	Pilates
<span style="color: green;">●</span>	11.00am	11.45am	Dancefit
<span style="color: blue;">●</span>	12.00pm	1.00pm	Yoga
SUN	START	END	ACTIVITY
<span style="color: green;">●</span>	10.30am	11.15am	Clubbercise

FOR MORE INFORMATION CALL RENFREWSHIRE LEISURE

ON **0300 300 0250**

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**WWW.RENFREWSHIRELEISURE.COM**

**BOOK  
ONLINE**



● **Cardio Calorie Burner** | 
 ● **Strength and Conditioning Calorie Burner** | 
 ● **Fun and Energising** | 
 ● **Health and Wellbeing**  
● **Buggy Friendly**

A group of exercise classes that is designed in conjunction with NHS Greater Glasgow and Clyde, suitable for people with physical disabilities as well as medical conditions, to help participants carry out daily activities and make life more manageable. Before you begin a Vitality programme, you must be referred by a health professional or complete a self-referral.

DAY	TIME	CENTRE	CLASS
● Wednesday	1.00pm - 2.00pm	ON-X Linwood	Strength & Balance Class
● Monday	1.15pm - 2.15pm	Lagoon Leisure Centre	Strength & Balance Class
● Monday	2.30pm - 3.30pm	Lagoon Leisure Centre	Strength & Balance Circuit
● Tuesday	12.00pm - 1.00pm	Renfrew Sports Centre	Strength & Balance Circuit
● Monday	1.00pm - 2.00pm	Erskine Sports Centre	Strength & Balance Circuit
● Monday	2.00pm - 3.00pm	Renfrew Sports Centre	Strength & Balance Circuit
● Tuesday	12.00pm - 1.00pm	Lagoon Leisure Centre	Strength & Balance Circuit
● Tuesday	1.30pm - 2.30pm	ON-X Linwood	Strength & Balance Circuit
● Wednesday	11.15am - 12.15pm	Lagoon Leisure Centre	Strength & Balance Circuit
● Thursday	11.00am - 12.00pm	Renfrew Sports Centre	Strength & Balance Circuit
● Thursday	12.00pm - 1.00pm	Lagoon Leisure Centre	Strength & Balance Circuit
● Thursday	1.30pm - 2.30pm	ON-X Linwood	Strength & Balance Circuit
● Friday	11.00am - 12.00pm	Lagoon Leisure Centre	Strength & Balance Circuit
● Friday	11.30am - 12.30pm	ON-X Linwood	Strength & Balance Circuit
● Monday	12.30pm - 1.30pm	ON-X Linwood	Step - In Circuit
● Monday	1.00pm - 2.00pm	Renfrew Sports Centre	Step - In Circuit
● Tuesday	11.00am - 12.00pm	Lagoon Leisure Centre	Step - In Circuit
● Thursday	10.00am - 11.00am	Renfrew Sports Centre	Step - In Circuit
● Thursday	11.00am - 12.00pm	Cochrane Castle Community Centre	Step - In Circuit
● Thursday	2.30pm - 3.30pm	Lagoon Leisure Centre	Step - In Circuit
● Monday	11.30am - 12.30pm	ON-X Linwood	Step - Up Circuit
● Tuesday	10.00am - 11.00am	Lagoon Leisure Centre	Step - Up Circuit
● Tuesday	11.00am - 12.00pm	Erskine Sports Centre	Step - Up Circuit
● Tuesday	1.00pm - 2.00pm	Ralston Community Sports Centre	Step - Up Circuit
● Tuesday	1.30pm - 2.30pm	Renfrew Leisure Centre	Step - Up Circuit
● Wednesday	10.00am - 11.00am	Lagoon Leisure Centre	Step - Up Circuit
● Wednesday	11.30am - 12.30pm	ON-X Linwood	Step - Up Circuit
● Thursday	12.00pm - 1.00pm	ON-X Linwood	Step - Up Circuit
● Friday	10.00am - 10.45am	ON-X Linwood	Cardiac Gym



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