

From January 2005

Exercise to Music Timetable



Class	Price		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak	Off Peak	Peak
Aerobics (I)	£2.50	£3.00			18.00-18.45											
Aerobics (F)	£2.50	£3.00			11.15-12.00											
BodyAttack	£3.00	£3.50		19.15-20.15					19.15-20.15	10.00-11.00						
BodyCombat	£3.00	£3.50			NEW 18.00 - 18.45	11.00-12.00	19.15-20.15	NEW				12.45-1.45	NEW			
BodyCombat Clinic	Free	Free										12.00-12.30	NEW			
BodyPump	£3.00	£3.50	10.00-11.00			12.30-13.15	7.15-8.00		12.30-13.15	7.15-8.00	NEW					11.30-12.30
						20.00-21.00			20.00-21.00							
BodyPump Clinic	Free	Free														11.00-11.30
Boxercise	£3.00	£3.50							18.00-18.45							
Bums & Tums	£3.00	£3.50		18.00-18.45				18.00-18.45								
Circuits	£3.00	£3.50		18.00-19.00				18.00-19.00	18.00-19.00							18.00-19.00
Freestyle Fitness Yoga	£3.00	£3.50	11.15-12.00	NEW	10.00-11.00	18.00-19.00		12.15-13.00	10.00-11.00				9.30-10.30			
						19.05-20.05										
Line Dancing	£2.50	£3.00			13.30-15.00				13.30-15.30							
Pilates	£3.00	£3.50				11.45-12.30	10.00-10.45	18.00-19.00		11.00-11.45						
						12.30-13.15		19.05-20.05		12.30- 13.15						
Prime Time Aerobics (50+)	£1.50						12.30-13.15									
Prime Time Conditioning (50+)	£1.50		12.00-12.45	NEW												
Prime Time Dance (50+)	£1.50														NEW 16.30-17.30	
Prime Time Step (50+)	£1.50		13.00-13.30													
Quick Spin	£2.75					11.30-12.00	NEW									
Spinning	£3.00	£3.50		12.15-13.00		7.15-8.00		12.15-13.00		7.15-8.00		12.15-13.00		8.30-9.15		12.45-13.30
				17.00-17.45		18.00-18.45				18.00-18.45		17.00-17.45				
				18.00-18.45		19.00-19.45		18.00-18.45		19.00-19.45		19.00-19.45				
				19.00-20.00 (A)	NEW			19.00-19.45								
Stability Ball	£3.00	£3.50						20.15-21.00								
Step (I)	£3.00								11.00-11.45							
Step 'n' Firm (F)	£3.00	£3.50								19.00-19.45						
Step 'n' Firm (I)	£3.00	£3.50				19.00-19.45										
Strictly Dancing	6 week course									11.15-12.15 (C)	NEW		16.00-17.00 (C)	NEW		

Class Guidelines/Etiquette:

Remember to wear the correct footwear i.e. trainers!

Ensure you turn up to the class in plenty of time - at least 5 minutes prior to the start time.

Please notify the instructor if this is your first class.

Please notify the instructor of any recent illness or medical condition prior to the start of the class.

Please retain your ticket and hand it to the instructor taking the class.

The warm up is very important; instructors reserve the right to refuse admittance if you miss too much!

Please drink water before, during and after your session.

Please switch off your mobile phone during the class.

For a description of the classes listed in our timetable, ask at either of our receptions or ask one of our friendly instructors!



Please Note
Classes underlined are bookable and can be booked for 7 days in advance. To secure your place you must pay for your class 48 hours prior to the class starting.

(A) Advanced level class (F) Foundation level class (I) Intermediate level class (50+) Catered towards participants over 50 (C) Course
Carlisle Leisure Ltd reserve the right to change without notice the content & times of any of the advertised activities in this publication.

Sports & Recreation Timetable



Activities for Adults & All Ages	Price	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
5-A-Side Leagues (Ad)	Season Fee	12.15-13.30				21.15-22.40				21.15-22.40							
AM Badminton (Adult)	£2.40					10.00-12.00											
Basketball (Teens)	£1.20	20.30-21.30															
Basketball (Adult)	£2.40	21.30-22.30															
Get Active (Pre/Retired)	£2.40	13.45-15.45															
Karate (All Ages)	Various	18.00-21.00				17.45-21.00				17.45-21.00							
Netball (Ad & Teens)	£2.40	20.30-21.30															
Sports United (Ad) (disabled)	£1.00									10.00-11.30							
Orchid Club (Ad) (disabled)	£1.00					19.00-20.00											
Short Mat Bowls (Ad)	£1.30					13.30-15.30											
Trampolining (Ad)	Term Fee					18.30-19.30											
Volleyball (Ad)	£3.00	19.30-20.30															
Yoga (Ad)	Various	13.15-15.00				13.15-15.00				13.15-14.45				17.30-19.00			
		17.30-19.00				19.45-21.30				19.45-21.30							

Kids Activities

Baby Bounce Under 5's	£2.10	14.15-15.30				14.15-15.30													
Climbing Club 8+	Term Fee	16.30-18.30				16.30-18.30				16.30-18.30				10.30-12.30		13.00-15.00		15.30-17.30	
Crèche Babies Under 2's	£2.50/hr					NEW TIMES TO BE CONFIRMED													
Crèche Toddlers 2-5 yrs	£2.50/£4.25	9.30-12.00				NEW TIMES TO BE CONFIRMED													
Gymnastics 4-6 yrs	Term Fee					16.00-16.45				16.00-16.45				16.00-16.45					
Gymnastics 6-8 yrs	Term Fee													16.45-17.30					
Gymnastics 8-10 yrs	Term Fee									16.00-16.45				16.30-18.15					
Gymnastics 6-10 yrs	Term Fee					16.45-17.30				16.45-17.30									
Gymnastics Mixed	Term Fee									16.45-17.30									
Gymnastics 10+	Term Fee													18.15-19.00					
Ju Jitsu All Ages	£2.10 and £2.50									18.30-19.30									
Netball 8-13 yrs	Term Fee	17.20-18.20																	
Parent & Toddler Group	£2.75					13.30-15.00				13.30-15.00				13.30-15.00					
Roller Hockey Under 16's	£2.10	13.30-19.30																	
SAS Club Junior Special Needs	Free					19.05-19.55													
Saturday Club 5-12	£3.00													10.00-12.00					
Soccer Skills 5-7yrs	Term Fee	16.10-17.10								16.10-17.10									
Soccer Skills 8-9yrs	Term Fee					16.10-17.10													
Squash 5-9yrs	Term Fee													10.45-11.30					
Squash 9-12yrs	Term Fee													11.30-12.15					
Squash 12-18yrs	Term Fee													12.15-13.00					
Tiny Tumbles 3-5yrs	£2.10	10.00-10.45												13.30-14.15		14.15-15.00			
Trampolining Mixed	Term Fee					16.00-17.00													
						17.00-18.00													
						18.00-19.00													
						19.00-20.00													
										17.30-18.30									
Trampolining Club	Term Fee									19.30-21.00									
Trampolining Advanced	Term Fee					20.00-21.00													

Underlined activities are unavailable during school holidays Carlisle Leisure Ltd reserve the right to change without notice the content & times of any of the advertised activities in this publication.

Pay as you go Activities:

The following activities are available as pay as you play from 9.30am every morning, subject to availability:

Badminton £6.00 (peak), £4.10 (off-peak)

Squash £5.10 (peak), £3.80 (off-peak)

5-A-Side Football £26.50 (peak), £15.30 (off-peak)

Treasure Island £2.00 for children under 4ft 9 inches in height

Please note that Treasure Island is unsupervised. Also, please call before you visit.

Climbing Wall £2.60 Adults £1.55 Children (Children must have completed a climbing competency course)

Table Tennis £2.90 (peak), £1.80 (off-peak)

For further details see reception or call 01228 625222

