

Train. AT TRINITY!

FITNESS AND AQUA CLASSES



Day	Time	Class
Monday	11.15am-12.15pm	Pilates
	4.30pm-5.30pm	Yoga (Family Class)
	6.00pm-7.00pm	Yoga (Adult Class)
	6.30pm-7.30pm	Spinning
Tuesday	6.15pm-7.15pm	Spinning
	7.15pm-8.15pm	Legs,Bums and Tums
Wednesday	9.30am-10.45am	Yoga
	10.45am-11.30am	Aqua Aerobics
	6.00pm-7.00pm	Yoga (Adult Class)
	7.00pm-8.00pm	Zumba
Thursday	9.15am-10.00am	Pilates



Prices

£4.50pp
45-minute
classes

£6.80pp
75-minute
classes

£5.50pp
60-minute
classes

£4.00pp
Family Yoga
(£2 per Child)

Gym - No joining fee at Trinity Arts and Leisure

We also have a small gym at Trinity, which includes two treadmills, two exercise bikes, two rowing machines, one cross-trainer, one stepper, multigym equipment and dumbbells ranging from 2kg to 25kg.

Gym opening times

Monday to Friday: 6.00am-9.30pm

Saturday: 7.00am-6.00pm

Sunday: 9.00am-7.00pm

Buy a multi-card pass
and get **10 sessions**
for the price of nine

Visit: www.trinityleisure.co.uk
Call: 01234 291777
Email: enquiries@trinityleisure.co.uk

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