

Hunmanby Hall Sport & Leisure Classes in **FEB HALF TERM** from 9th

Feb-17th Feb Full programme begins Mon 20th Feb

Mon	Social Badminton	Improver - club standard players. Rotational system used so everyone gets to play	10.30am
	Gym circuits	Moving around a circuit of different exercises for cardiovascular & toning. Suit all levels	6:30pm
	Social Badminton Night,	Improver - club standard players. Rotational system	7:30 – 9.45pm
Tues	Circuits fitness	In sports hall For Men & Women. Innovative exercises to work all major muscle groups, heart & lungs. Different exercises working around a circuit for a fixed time. Improves fitness levels, a great overall workout.	6.30pm
	Hip Hop Aerobics with abs	Aerobics combinations with abdominal work.	7.30pm
Wed	Spinning	The ultimate CALORIE BURN CLASS, Help lose weight, get fit. Ultimately change body in RECORD TIME On Stationary bikes.	6.30pm
	Mixed martial arts	Elements from Thai boxing, karate, jui Jitsui & self defense	7.30pm
Thurs	Gym Circuits	Moving around a circuit of different exercises for cardiovascular & toning. Suit all levels	9:15am
	Stretching for all	Relieves muscle tension Increase flexibility & body mobility, Adapted for levels	10.15am
	Junior Gym Circuits age 8-17	For juniors to try all our cardiovascular equipment under the guidance of an instructor.	5pm
	Spinning with body pump	Alternating spinning followed by working a muscle group with bar bells. To tone whole body	6.30pm
Fri	Gym circuits	Moving around a circuit of different exercises for cardiovascular & toning. Suit all levels	6.30pm

We Also do chair exercise class off site, please ask for details.

www.hunmanbyhall-leisure.co.uk [Tel:01723 892882](tel:01723892882)