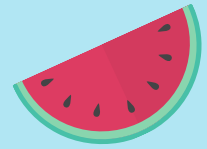


# SUMMER TIMETABLE

23RD JULY - 6TH SEPTEMBER 2022

	TIME	CLASS	INSTRUCTOR*	LOCATION	COST
MON	6:55-7:25AM	BOOTCAMP	LIZ	MAIN HALL	£4.30
	9-11AM	SWING OF THINGS	SUE & LIAM	SECONDARY HALL	£3.75
	9:30-10:15AM	SHALLOW WATER AQUAFIT	ELIZABETH	SWIMMING POOL	£4.30
	10-11:30AM	WALK & TALK (SOUTH)	ROY / MAGGIE	POULSOM PARK	£2.55
	12-1PM	STRETCH & FLEX	ELIZABETH	SECONDARY HALL	£3.75
	1:15-2PM	GENTLE SPIN	ELIZABETH	SECONDARY HALL	£3.75
	6-6:45PM	DEEP WATER AQUAFIT	SHONNA	SWIMMING POOL	£4.30
	6-7PM	COUCH TO 5K	JOSH	NSC OUTDOOR	£4.30
	6-7PM	YOGA	AGA	BOWLS HALL	£4.30
	6-7PM	PURE FITNESS	SHAUN	MAIN HALL	£4.30
	8-9PM	ZUMBA	SHEEBA	MAIN HALL	£4.30
TUES	6:55-7:25AM	SPIN	NICOLA	SECONDARY HALL	£4.30
	9:30-11:30AM	WALK & TALK (NSC)	MAGGIE / IRENE	NSC	£2.55
	12:15-1PM	ZUMBA GOLD	SHEEBA	SQUASH COURTS	£4.30
	1-1:45PM	BEGINNERS BOXERCISE	LESLEY	SQUASH COURTS	£3.75
	6:15-6:45PM	GLOW SPIN	NIKKI / JORDAN	SECONDARY HALL	£4.30
WED	6:55-7:25AM	GLOW SPIN	JORDAN / LESLEY	SECONDARY HALL	£4.30
	10-11:30AM	WALK & TALK (NORTH)	JAMES / RODREY / PAUL	MOORAGH PARK	£2.55
	11-12PM	BODY TONING	ELIZABETH	SECONDARY HALL	£3.75
	12-1PM	CHAIR BASED EXERCISE	ELIZABETH	SECONDARY HALL	£3.75
	12:15-12:45PM	BOXERCISE	SHAUN	SQUASH COURTS	£4.30
	1-2PM	BODY TONING	ELIZABETH	SECONDARY HALL	£3.75
	6-7PM	CIRCUITS	HANNAH	MAIN HALL	£4.30

	TIME	CLASS	INSTRUCTOR*	LOCATION	COST
THURS	9:30-10:15AM	AQUAFIT* *ONLY ON 4 <sup>TH</sup> + 18 <sup>TH</sup> AUG & 1 <sup>ST</sup> SEPT	ELIZABETH	SWIMMING POOL	£4.30
	10-11:30AM	WALK & TALK (WEST)	MAGGIE / IRENE	PEEL PROM	£2.55
	11-11:30AM	DISABILITY SPIN *LD	GEMMA	SQUASH COURTS	£3.75
	11-12PM	GENTLE CIRCUITS	ELIZABETH	SECONDARY HALL	£3.75
	6-6:45PM	DEEP WATER AQUAFIT	SHONNA	SWIMMING POOL	£4.30
	6:55-7:25AM	BOOTCAMP	ANGELA	MAIN HALL	£4.30
	9:30-10:30AM	WALK & TALK (NSC)	ANNIE	NSC	£2.55
FRI	10-11AM	BEGINNERS YOGA	AGA	BOWLS HALL	£3.75
	12-12:45PM	ZUMBA	SHEEBA	SQUASH COURTS	£4.30
	12-1PM	SOCIAL SPIN	LESLEY	SECONDARY HALL	£3.75
	12:15-12:45PM	CORE & MORE	GEMMA	SQUASH COURTS	£4.30
	1-1:45PM	WOBBLE	LESLEY	SQUASH COURTS	£3.75
	1:30-3PM	BIKE 4 LIFE	ZOE	NSC RACEWAY	SEE FLYER
	9-9:45AM	BEGINNERS YOGA	AGA	BOWLS HALL	£4.30
SAT	9:30-10:30	COUCH TO 5K	HELEN	NSC OUTDOORS	£4.30
	10-11AM	YOGA	AGA	BOWLS HALL	£4.30
	11-12PM	BODY TONING	ELIZABETH	SECONDARY HALL	£3.75
	10-10:30AM	STRONG NATION	SHEEBA	SECONDARY HALL	£4.30
SUN	10-11AM	YOGA	AGA	BOWLS HALL	£4.30



ANYONE IN RECEIPT OF DISABILITY LIVING ALLOWANCE CAN RECEIVE 50% REDUCTION ON NSC CLASSES (WITH THE EXCEPTION OF WALK & TALK & DISABILITY MULTI SPORTS)

LD = FOR PEOPLE WITH LEARNING DISABILITIES

\*SUBJECT TO CHANGE

**BOOK ONLINE: MSR.GOV.IM**

PAYMENT CAN ALSO BE TAKEN FOR CLASSES AT THE NSC RECEPTION BEFORE ATTENDING A CLASS, OR BOOKINGS CAN BE MADE OVER THE PHONE ON 688588

