

WATERFOOT CENTRE : 52 BRIDLEWAY, WATERFOOT, ROSSENDALE BB4 9DS

RAMSBOTTOM CENTRE : BUCHANAN SPORTS & SOCIAL CLUB, BUCHANAN STREET, RAMSBOTTOM BL0 9JF

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MONDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
BALLET	6.30 – 7.15	RAMSBOTTOM	UPPER	YES	£3
TAP	7.15 – 8.00	RAMSBOTTOM	UPPER	NO	£3
NEW MEGAFIT STARTS MONDAY 2 ND SEPTEMBER	7.30 - 8.30	RAMSBOTTOM	LOWER	YES	£4
BALLET	8.00 - 9.00	RAMSBOTTOM	UPPER	NO	£4
DANCILATES	9.00 - 9.30	RAMSBOTTOM	UPPER	YES	£2

TUESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
TAP	7.30-8.30	WATERFOOT	STUDIO 2	NO	£4
CLUBFIT	7:30-8:30	WATERFOOT	STUDIO 4	YES	£4
NEW MEGAFIT STARTS TUESDAY 3 RD SEPTEMBER	8:30 -9:15	WATERFOOT	STUDIO 2	YES	£3
BALLET	8.30-9.30	WATERFOOT	STUDIO 2	NO	£4
TAP	7.30 – 8.15	RAMSBOTTOM	UPPER	YES	£3
LINE DANCING	8.00-9.00	RAMSBOTTOM	LOWER	YES	£4

WEDNESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
KEEP FIT FOR THE OVER 60'S WITH JUDY ROBBINS (NOT INCLUDED IN THE MONTHLY SAVER)	10.00-11.00	WATERFOOT	STUDIO 4	YES	-
ACRO	8.15 – 9.00	WATERFOOT	STUDIO 2	YES	£3

THURSDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
LINE DANCING	12.30-1.30	WATERFOOT	STUDIO 4	YES	£4
ZUMBA FITNESS	1.30-2.30	WATERFOOT	STUDIO 4	YES	£4
NEW SALSACISE WITH JENNIFER BENNETT PRICE (NOT INCLUDED IN THE MONTHLY SAVER) STARTS THURSDAY 12 TH SEPTEMBER	6.30-7.15	RAMSBOTTOM	LOWER	YES	£4 <i>Do both of Jennifer's classes for £6!!</i>
NEW FIT FOR LIFE WITH JENNIFER BENNETT PRICE (NOT INCLUDED IN THE MONTHLY SAVER) STARTS THURSDAY 12 TH SEPTEMBER	7:15 -8:00	RAMSBOTTOM	LOWER	YES	£4 <i>Do both of Jennifer's classes for £6!!</i>

ALL CLASSES ARE PAY AS YOU GO, OR YOU CAN PURCHASE OUR MONTHLY SAVER TICKET FOR UNLIMITED CLASSES AT BOTH OF OUR BRANCHES FOR ONLY £20! UNBEATABLE CLASS PRICES! NO SIGN UP FEE! COME ALONG & START TODAY 😊

ZUMBA FITNESS is a Latin inspired cardio-dance workout with choreographed steps to form a fitness party atmosphere.

SALSACISE is the class that keeps you fit whilst having fun. Salsacise is a combination of Salsa, Cha Cha, Samba & aerobic workout.

FIT FOR LIFE is a class that combines aerobic, strength & flexibility, in a specialised class, designed to increase energy levels and promote healthy aging and well being.

DANCILATES is a low impact exercise class that aims to strengthen muscles while improving postural alignment and flexibility.

MEGAFIT classes are fast paced cardio fitness workouts designed to increase power, endurance and efficiency.

LINE DANCING is choreographed dance with repeated sequence of steps in which you dance in one or more lines.

ACRO is a combination of dance & acrobatic movements that help develop strength & flexibility.

CLUBFIT classes are designed to make you feel like you are dancing in a nightclub. Lights off and full of fun, glowsticks at the ready and classic tunes! Making fitness very fun! 😊