

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
LINE DANCING	10.00–11.00	WATERFOOT	UPPER	YES	£5
ZUMBA	11.00–12.00	WATERFOOT	UPPER	YES	£5
BALLET	6.30 – 7.15	RAMSBOTTOM	UPPER	YES	£3.75
TAP	7.15 – 8.00	RAMSBOTTOM	UPPER	NO	£3.75
MEGAFIT	7.30 - 8.30	RAMSBOTTOM	LOWER	YES	£5
BALLET	8.00 - 9.00	RAMSBOTTOM	UPPER	NO	£5
DANCILATES	9.00 - 9.30	RAMSBOTTOM	UPPER	YES	£2.50

## TUESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
TAP	7.30 - 8.30	WATERFOOT	STUDIO 2	NO	£5
CLUBFIT	7:30 - 8:30	WATERFOOT	STUDIO 4	YES	£5
MEGAFIT	8:30 -9:15	WATERFOOT	STUDIO 2	YES	£3.75
BALLET	8.30 - 9.30	WATERFOOT	STUDIO 2	NO	£5
<b>*NEW*</b> TAP (STARTING TUESDAY 7 <sup>th</sup> JANUARY)	7.30 – 8.15	RAMSBOTTOM	UPPER	YES	£3.75
LINE DANCING	8.00 - 9.00	RAMSBOTTOM	LOWER	YES	£5

# WEDNESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
KEEP FIT FOR THE OVER 60'S (NOT INCLUDED IN THE MONTHLY SAVER)	10.00-11.00	WATERFOOT	STUDIO 4	YES	-
ACRO	8.15 – 9.00	WATERFOOT	STUDIO 2	YES	£3.75
ZUMBA	2:30 -3:30	RAMSBOTTOM	UPPER	YES	£5

# THURSDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	COST
SALSACISE WITH JENNIFER BENNETT PRICE (NOT INCLUDED IN THE MONTHLY SAVER)	6.30 -7.15	RAMSBOTTOM	UPPER	YES	£4 <i>Do both of Jennifer's classes for £6!!</i>
FIT FOR LIFE WITH JENNIFER BENNETT PRICE (NOT INCLUDED IN THE MONTHLY SAVER)	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 £25! 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! 😊