

Fitness Class Timetable

Monday

7.00am - 8.00am	Stretch and Mobilise
9.30am - 10.15am	Indoor Cycling
9.30am - 10.25am	Megamix
10.30am - 11.15am	Step It Up
11.00am - 11.45am	Aqua Aerobics
11.30am - 12.15pm	Tai Chi
12.30pm - 1.30pm	Yoga
5.30pm - 6.25pm	Body Combat
6.30pm - 7.25pm	Tabata
6.30pm - 7.15pm	Indoor Cycling
7.30pm - 8.30pm	Core Fitness
7.30pm - 8.30pm	Body Pump

Tuesday

7.00am - 7.45am	Indoor Cycling
7.00am - 8.00am	Circuits
9.30am - 10.15am	Body Balance
9.30am - 10.25am	Weighted Tabata
9.30am - 10.15am	Indoor Cycling
10.30am - 11.15am	Power Pilates
11.00am - 11.45am	Aqua HIIT
12.00am - 1.00pm	Stretch and Mobilise
12.30pm - 1.15pm	Indoor Cycling
5.30pm - 6.15pm	Step It Up
5.45pm - 6.15pm	Indoor Cycling Express
6.25pm - 7.10pm	Indoor Cycling
6.30pm - 7.30pm	Pilates
7.00pm - 8.00pm	Circuits
7.20pm - 8.05pm	Aqua Aerobics
8.10pm - 8.55pm	Swim Fit

Wednesday

7.00am - 8.00am	Core Fitness
9.30am - 10.15am	Indoor Cycling
9.30am - 10.25am	Body Combat
10.30am - 11.25am	Forever Fit
11.00am - 11.45am	Aqua Aerobics
11.30am - 12.15pm	Stretch & Mobilise
6.00pm - 6.55pm	Cardio AMRAP
6.00pm - 7.00pm	Body Balance
6.15pm - 7.00pm	Indoor Cycling
7.00pm - 8.00pm	Body Pump
7.00pm - 7.45pm	Stretch & Mobilise
8.00pm - 8.45pm	Vinyasa Yoga

Thursday

7.00am - 7.45am	Indoor Cycling
9.30am - 10.25am	Forever Fit
9.30am - 10.15am	Indoor Cycling
10.30am - 11.30am	Pilates
12.30pm - 1.30pm	Yoga
2.30pm - 3.15pm	Aqua Strength
5.30pm - 6.15pm	Body Combat
6.15pm - 7.00pm	Indoor Cycling
6.20pm - .05pm	Step It Up
7.15pm - 8.15pm	Dance Fitness

Friday

9.30am - 10.15am	Body Combat
10.30am - 11.15am	Indoor Cycling
10.30am - 11.25am	Pilates
11.00am - 11.45am	Aqua Aerobics
11.30am - 12.15pm	Body Balance
5.15pm - 6.00pm	Body Conditioning
5.45pm - 6.30pm	Indoor Cycling
6.00pm - 6.45pm	Vinyasa Yoga
6.40pm - 7.40pm	Body Pump

Saturday

9.00am - 10.00am	Circuits
9.00am - 10.00am	Body Pump
9.30am - 10.15am	Indoor Cycling
10.30am - 11.30am	Stretch and Mobilise

Sunday

9.00am - 9.55am	Legs, Bums & Tums
9.00am - 9.45am	Ashtanga Yoga
9.30am - 10.15am	Indoor Cycling
10.00am - 10.55am	Aerobics
5.00pm - 5.45pm	Dance Fitness

Gym Opening Hours

Monday - Friday: 6.00am - 10.00pm
Saturday and Sunday: 7.30am - 8.00pm

Junior Gym Sessions

11 - 16 Year old can use the gym at anytime under parent supervision

Instructor led sessions for 11-13 year olds

Monday - Friday 3.30pm - 5.30pm
Saturday 11.30am - 12.30pm and 1.15pm - 2.15pm
Sunday 10.30am - 12.30pm

Instructor led sessions for 14-15 year olds

Monday - Friday 4.00pm - 6.00pm
Saturday 11.30am - 12.30pm and 1.30pm - 2.30pm
Sunday 11.30am - 12.30pm and 1.30pm - 2.30pm

 **Active Lifestyles**
Stroud



HOLIDAY ACTIVITIES



FEBRUARY
HALF
TERM
17TH-23RD

 **STROUD DISTRICT COUNCIL**

01453 766771
stroud@myactivelifestyles.co.uk
www.myactivelifestyles.co.uk

SWIMMING POOL TIMETABLE

Monday 17th February

6.00am - 7.00am	Dursley Dolphins Swimming Club
7.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session
2.20pm - 3.55pm	Inflatable Fun Swim Session (2 sessions starting at 2.20pm and 3.10pm)
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 8.30pm	Club Swimming
8.30pm - 10.00pm	Lane Swimming

Tuesday 18th February

6.00am - 7.30am	Sevenside Tritons
6.00am - 9.30am	Lane Swimming (2 lanes between 6.00am - 7.30am)
9.00am - 11.00am	Swimming Lessons
11.00am - 11.45am	Aqua HIIT
11.00am - 12.00pm	Parent and Toddler (Shallow End only)
12.00pm - 1.30pm	Lane Swimming
1.35pm - 2.20pm	Closed for Let's Play Swim Session
2.20pm - 3.55pm	Inflatable Fun Swim Session (2 sessions starting at 2.20pm and 3.10pm)
4.00pm - 7.15pm	Swimming Lessons
7.20pm - 8.05pm	Aqua Aerobics
8.10pm - 9.00pm	Swim Fit
9.00pm - 10.00pm	Lane Swimming

Wednesday 19th February

6.30am - 7.30am	Club Swimming
7.30am - 9.30am	Lane Swimming
9.30am - 11.00am	Inflatable Fun Swim Session (2 sessions starting at 9.30am and 10.15am)
11.00am - 11.45am	Aqua Aerobics
11.00am - 12.00pm	Swimming Lessons
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.15pm	Closed for Let's Play Swim Session
2.20pm - 4.00pm	Public Swimming
3.00pm - 7.00pm	Swimming Lessons
7.00pm - 9.30pm	Club Swimming

TERMS AND CONDITIONS

For terms and conditions please visit our website: www.myactivelifestyles.co.uk
 Children under eight years of age must be accompanied by an adult in the water.
 Please ask about our admission policy if you intend taking more than one child into the pool.
 On busy sessions we guarantee a minimum of 45 minutes unless otherwise stated.
 The management team reserve the right to cancel or amend the programme at any time.

Thursday 20th February

6.00pm - 9.30pm	Lane Swimming (2 lanes between 6.00am - 7.00am)
9.00am - 11.00am	Swimming Lessons
10.00am - 11.00pm	Public Swimming (alongside lessons)
11.00am - 12.00pm	Accessible Swimming
12.00pm - 1.30pm	Lane Swimming
1.30pm - 2.30pm	Closed for Let's Play Swim Session
2.30pm - 3.15pm	Aqua Strength
3.15pm - 4.00pm	Public Swimming
4.00pm - 6.30pm	Swimming Lessons
6.30pm - 9.00pm	Club Swimming

Friday 21st February

6.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 11.45am	Aqua Aerobics
11.00am - 11.45am	Parent and Toddler Swimming
11.50am - 1.00pm	Lane Swimming
1.00pm - 2.00pm	Closed for Let's Play Swim Session
2.00pm - 3.00pm	Senior Swimming
3.00pm - 4.00pm	Public Swimming
3.00pm - 7.00pm	Swimming Lessons
7.00pm - 10.00pm	Lane Swimming

Saturday 22nd February

6.30am - 8.30am	Sevenside Tritons
8.30am - 2.00pm	Swimming Lessons
2.00pm - 5.00pm	Public Swimming
5.00pm - 8.00pm	Lane Swimming

Sunday 23rd February

7.30am - 9.00am	Stroud Masters
9.00am - 11.00am	Lane Swimming
11.00am - 1.00pm	Public Swimming
1.05pm - 2.40pm	Inflatable Swimming (2 sessions starting at 1.05pm and 2.40pm)
2.45pm - 4.00pm	Public Swimming
4.00pm - 6.00pm	Lane Swimming
6.00pm - 8.00pm	Sevenside Tritons

- Just turn up
- Booking required

LET'S PLAY FUN DAYS

Let's Play are delivering Fun Days in the February half-term between Monday 17th February and Friday 21st February. - Suitable for 5-12 year olds

For more information please visit www.lets-play.org.uk

CHILDREN'S ACTIVITIES

WICKED DANCE WORKSHOP

Date: Thursday 20th February
Time: 2.30pm - 4.30pm
Price: £9.50 per child
 Suitable for 4-9 year olds

ONLY
£9.50

Join us for a dance workshop run by the Amy Addle Team! Parents are invited to come back 10 minutes before the end of the workshop to watch their children perform their fabulous dance routine. Please provide your child with a drink and a snack.

BOUNCY CASTLE AND SOFT PLAY

Date: Monday 17th February
Time: 10.00am - 11.00am or 11.15am - 12.15pm
Price: £4.00 per child
 Suitable for 8 years and under

ONLY
£4.00

We're turning the Sports hall into a play zone for our under eights. Come and burn off some steam, have a bounce and lots of fun.

FAMILY ROLLER SKATING

Date: Wednesday 19th February
Time: 1.30pm - 2.45pm or 3.00pm - 4.15pm
Price: £5.30 per person
 Suitable for all the family

ONLY
£5.30

A Roller Skating session in a safe and fun environment, suitable for all the family. Please feel free to use your own skates or hire when you arrive.



Set in the heart of Stratford Park.

Meet friends for a coffee and catch-up.