

Fitness Class Timetable

* Saturday 27 December

8.15am - 9.00am	Indoor Cycling
9.10am - 10.10am	Strength Circuits
10.20am - 11.05am	Feel Good Fitness
10.30am - 11.15am	Indoor Cycling
11.15am - 12.15pm	Body and Mind Reset

* Sunday 28 December

8.00am - 9.00am	Range of Motion Yoga
9.00am - 9.45am	Indoor Cycling
9.15am - 10.00am	80's Aerobics
10.00am - 10.45am	Indoor Cycling
10.10am - 10.55am	Step & Tone
11.10am - 12.10pm	Les Mills Body Pump

* Monday 29 December

8.15am - 9.00am	Indoor Cycling
9.15am - 10.00am	Les Mills Body Pump
9.30am - 10.15am	Aqua Zumba
10.10am - 11.10am	Piyo
10.20am - 10.50am	Beginners Water Fitness
10.30am - 11.00am	Indoor Cycling Express
11.15am - 12.00pm	Zumba
1.45pm - 2.45pm	Alignment Yoga
4.00pm - 4.45pm	Indoor Cycling

* Tuesday 30 December

8.10am - 9.10am	Pilates
8.15am - 9.00am	Indoor Cycling
9.20am - 10.00am	Piloxing
9.30am - 10.00am	Indoor Cycling Express
10.15am - 11.00am	Circuits
11.15am - 12.00pm	Indoor Cycling
1.45pm - 2.45pm	Gentle Movement Yoga

* Wednesday 31 December

8.10am - 9.10am	Advanced Yoga <i>(a harder yoga session for experienced yogis, hosted by the lovely Annabel)</i>
8.15am - 9.00am	Indoor Cycling
9.00am - 10.00am	Pilates
10.10am - 10.55am	Move to the Movies
10.45am - 11.30am	Aqua Tone
11.00am - 11.30am	Body Conditioning
11.15am - 12.00pm	Indoor Cycling
12.15pm - 12.45pm	Indoor Cycling Express

* Thursday 1 January

11.15am - 12.00pm	Indoor Cycling
1.00pm - 2.00pm	Pilates

The normal class programme will resume Friday 2nd January

Tuesday 23 December

Aqua Christmas Special

Time: 11.15am-12.00pm and 7.20pm-8.05pm
Join us for a splash-tastic, holiday themed aqua fitness class.

Festive Flow

Time: 1.15pm-2.45pm
An holistic class with a sprinkling of Christmas cheer.

Plank the Halls

Time: 5.45pm-6.15pm
Get festive and fit with this holiday-themed muscle toning fitness class.

Tinsel Toes

Time: 6.20pm-7.20pm
A special choreographed Christmas class with our fitness team. Feel free to wear your tinsel and be ready to partake in some of your favourite tracks from across the year including some Christmas specials.

Circuits Christmas Cracker

Time: 7.30pm-8.30pm
Join our Fitness team for a challenging workout with plenty of Christmas Cheesy tunes.

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 a paying adult in the water.

Please ask about our admission policy if you intend taking more than one child into the pool.

The car park in front of the building is free for up to three hours and the car park at Sainsbury's is free for up to two hours.

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.

Active Lifestyles
Dursley

Extra Special Christmas Classes

We invite you for drinks and nibbles with the team after each Christmas Workout

FESTIVE SEASON at Active Lifestyles Dursley



Monday
22 December
to
Sunday
4 January

STROUD DISTRICT COUNCIL

01453 546441

dursley@myactivelifestyles.co.uk
www.myactivelifestyles.co.uk

Pool Timetable - Dursley

Swimming Lessons stop for a two - week break from Monday 22 December and resume on Monday 5 January

* Monday 22 December

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Public Swimming
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent and Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 12.15pm	Lane Swimming
12.15pm - 2.00pm	Public Swimming
2.15pm - 3.50pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 2.15pm and 3.05pm)
4.00pm - 7.00pm	Public Swimming
7.00pm - 8.20pm	Lane Swimming
8.20pm - 9.05pm	Swimfit

* Tuesday 23 December

6.00am - 9.00am	Lane Swimming
9.00am - 10.15am	Public Swimming
10.15am - 11.10am	Disabled Swim Session
11.15am - 12.00pm	Aqua Christmas Special Exercise Class
12.10pm - 2.00pm	Public Swimming
2.15pm - 3.50pm	Splat and Stepping Stones Inflatable Fun (2 x 45 minute sessions starting at 2.15pm and 3.05pm)
4.00pm - 6.30pm	Public Swimming
6.30pm - 7.15pm	Ladies Only Swimming Session
7.20pm - 8.05pm	Aqua Christmas Special Exercise Class
8.10pm - 9.00pm	Lane Swimming

Wednesday 24, Thursday 25, Friday 26 December: CLOSED

* Saturday 27 December

8.00am - 9.00am	Lane Swimming
9.00am - 11.00am	Dursley Dolphins Swim Club
11.00am - 3.00pm	Public Swimming
3.05pm - 3.50pm	Slippery Slide Inflatable Fun
4.00pm - 5.00pm	Lane Swimming

* Sunday 28 December

8.00am - 9.30am	Lane Swimming
9.30am - 11.00am	Public Swimming
11.00am - 1.00pm	NPLQ Water Session
1.00pm - 3.15pm	Public Swimming
3.25pm - 4.10pm	Exterminator Inflatable Fun
4.15pm - 5.00pm	Lane Swimming

* Monday 29 December

8.00am - 9.30am	Lane Swimming
9.30am - 10.15am	Aqua Zumba Exercise Class
10.20am - 10.50am	Beginners Water Fitness
10.30am - 11.15am	Parent and Toddler Swim Session
11.15am - 1.00pm	Public Swimming
1.10pm - 2.45pm	Slippery Slide Inflatable Fun (2 x 45 minute sessions starting at 1.10pm and 2.00pm)
2.50pm - 4.15pm	NPLQ Water Session
4.15pm - 5.00pm	Lane Swimming

* Tuesday 30 December

8.00am - 9.30am	Lane Swimming
9.30am - 10.15am	Splat and Stepping Stones Inflatable Fun
10.15am - 11.10am	Disabled Swim Session
11.10am - 1.30pm	Public Swimming
1.30pm - 3.25pm	NPLQ Water Session
3.30pm - 5.00pm	Dursley Dolphins

* Wednesday 31 December - NEW YEARS EVE

8.00am - 9.30am	Lane Swimming
9.30am - 10.30am	Public Swimming
10.30am - 11.15am	Parent and Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.35am - 1.40pm	Public Swimming
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 5.00pm	Lane Swimming

* Thursday 1 January - NEW YEARS DAY

11.00am - 2.00pm	Public Swimming
2.10pm - 2.55pm	Stepping Stones Inflatable Fun
3.00pm - 4.00pm	Lane Swimming

* Friday 2 January

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Public Swimming
10.00am - 11.00am	NPLQ Water Session
11.00am - 11.45am	Aqua Tone Exercise Class
11.15am - 12.00pm	Parent and Toddler Swim Session
12.00pm - 1.40pm	Public Swimming
1.50pm - 3.25pm	Slippery Slide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.30pm - 5.45pm	NPLQ Water Session
5.45pm - 6.30pm	Aqua Stretch Exercise Class
6.35pm - 9.05pm	Dursley Dolphins Swim Club

* Saturday 3 January

8.00am - 10.00am	NPLQ Water Session
10.00am - 1.40pm	Public Swimming
1.45pm - 3.20pm	Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm - 8.00pm	Closed for Private Parties

* Sunday 4 January

7.00am - 7.45am	Lane Swimming
7.50am - 9.00am	Public Swimming
9.15am - 10.00am	Stepping Stones Inflatable Fun
10.10am - 3.55pm	Public Swimming
4.00pm - 6.15pm	NPLQ Water Session
6.20pm - 7.50pm	Lane Swimming

Key to Swimming Pool Timetable

Booking advised Just turn up

*We advise booking in advance for all Aqua Classes to avoid disappointment

NPLQ Lifeguarding Course

Date: Sunday 28 December-Sunday 4 January

Price: £280

Looking for a new opportunity, skill, and a chance to start a career within leisure?

Join us on our lifeguarding course and become NPLQ qualified. You must be 16 years old at the time of assessment (4 January) and will need to have a good swimming ability.

The course will run Sunday, Monday, Tuesday, Friday, Saturday, Sunday.

Gym Opening Times

Monday 22 December and Tuesday 23 December	Open as normal
Wednesday 24 December - Friday 26 December	CLOSED
Saturday 27 December - Wednesday 31 December	8.00am-5.00pm
Wednesday 1 January	11.00am-4.00pm
Thursday 2 January	Open as normal

Junior Gym

11-14 year-old gym sessions running every day

Time: 11.00am-12.00pm and 3.30pm-4.30pm

Children aged between 11-14 years may attend anytime with a paying, supervising parent/guardian

K-Pop Demon Hunters Themed Christmas Dance Workshop

Date: Monday 22nd December

Time: 2.55pm-4.55pm

Price: £9.50 per child Suitable for: 4-9 year olds

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.



SAVE £31.50
on your membership
with
NO JOINING FEE
in January