

Fitness Class Timetable

* Saturday 27 December

- 8.00am - 8.45am Body Combat
- 9.00am - 9.45am Group Cycling
- 9.00am - 10.00am Circuits
- 9.00am - 9.45am Body Pump
- 9.55am - 10.25am Core Blitz

* Sunday 28 December

- 9.00am - 9.45am Boxercise
- 9.15am - 10.00am Group Cycling
- 10.00am - 11.00am Aerobics
- 11.00am - 11.45am Total Toning

* Monday 29 December

- 7.15am - 8.00am Stretch and Mobility
- 9.30am - 10.15am Moving with Strength
- 9.30am - 10.15am Group Cycling
- 10.20am - 11.05am AMRAP
- 11.10am - 12.10pm Tai Chi
- 11.30am - 12.00pm Group Cycling Express
- 12.15pm - 1.15pm Roll and Release
- 12.15pm - 1.00pm Feel Good Fitness
- 1.30pm - 2.30pm Gentle Yoga

* Tuesday 30 December

- 8.45am - 9.15am Legs Bums Tums
- 9.30am - 10.15am Weighted Tabata
- 9.30am - 10.15am Group Cycling
- 9.30am - 10.15am Body Balance
- 10.25am - 11.25am Stability and Balance
- 10.20am - 11.20am Power Pilates
- 11.00am - 11.45am Aqua HIIT
- 12.15pm - 1.00pm Stretch and Mobility

* Wednesday 31 December

- 8.00am - 9.00am Power Pilates
- 9.15am - 9.45am Body Combat
- 9.30am - 10.15am Group Cycling
- 10.05am - 10.35am GRIT Strength
- 10.30am - 11.00am Group Cycling Express
- 10.40am - 11.40am Standing Forever Fit
- 11.00am - 11.45am Aqua Aerobics
- 11.45am - 12.30pm Stretch and Mobility

* Thursday 1 January

- 11.15am - 12.10pm Body Combat
- 12.15pm - 1.00pm AMRAP
- 1.15pm - 2.15pm Stretch and Mobility

The normal class programme will resume Friday 2nd January



Tuesday 23 December

Jingle Bell Jam

Time: 6.45am-7.30am & 6.20pm-7.00pm

Jingle Bell Jam is a high-energy holiday ride set to festive beats that'll make you sweat, smile and sleigh the season.

Jingle Bells & Dumbbells

Time: 9.30am-10.15am

A festive strength session that mixes holiday hits with powerful lifts.

Merry Splashmas

Time: 11.00am-11.45am and 7.20pm-8.05pm

Join us for a splash-tastic, holiday-themed aqua fitness class.

Step into Christmas

Time: 5.30pm-6.15pm

Step Into Christmas - Join us for a fun, festive, '80s-themed class. We encourage you to dress up!

Rocking Around the Circuits

Time: 7.00pm-8.00pm

Join our Fitness team for a challenging workout with plenty of cheesy Christmas tunes.

The Rave Before Christmas

Time: 7.30pm - 8.05pm

The Rave Before Christmas - A festive, glow-filled dance workout with pulsing beats and holiday vibes that'll keep you moving all night.



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



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.

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.



To contact a member of our team:

Stroud: 01453 766771
stroud@myactivelifestyles.co.uk
 Stratford Road, Stroud GL5 4AF



FESTIVE SEASON at Active Lifestyles Stroud



Monday 22 December to Sunday 4 January



01453 766771
www.myactivelifestyles.co.uk

Pool Timetable - Stroud

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

* Monday 22 December

6.00am - 7.00am Club Swimming
 7.00am - 9.30am Lane Swimming
 9.30am - 11.00am Public Swimming
 11.00am - 11.45am Aqua Tone
 11.00am - 12.00pm Parent and Toddler (Shallow end only)
 12.00pm - 1.30pm Lane Swimming
 1.30pm - 2.15pm Closed for Let's Play Swim Session
 2.20pm - 3.55pm Tanker, Floats and Rafts Inflatable Fun (2 x 45 minute sessions starting at 2.20pm and 3.10pm)
 4.00pm - 6.30pm Public Swimming
 6.30pm - 8.30pm Club Swimming
 8.30pm - 10.00pm Lane Swimming

* Tuesday 23 December

6.00am - 9.30am Lane Swimming
 9.30am - 11.00am Public Swimming
 11.00am - 11.45am Aqua HIIT
 11.00am - 12.00pm Parent and Toddler (shallow end only)
 12.00pm - 1.30pm Lane Swimming
 1.30pm - 2.15pm Closed for Let's Play Swim Session
 2.25pm - 4.00pm Crusher Inflatable Fun (2 x 45 minute sessions starting at 2.25pm and 3.15pm)
 4.10pm - 7.00pm Public Swimming
 6.30pm - 7.15pm Public Swimming
 7.20pm - 8.05pm Aqua Aerobics
 8.10pm - 9.00pm Swim Fit
 9.00pm - 10.00pm Lane Swimming

Wednesday 24, Thursday 25, Friday 26 December: CLOSED

* Saturday 27 December

7.00am - 9.00am Lane Swimming
 9.00am - 11.00am Public Swimming
 11.10am - 12.45pm Lobster, Floats and Mini Inflatable Fun (2 x 45 minute sessions starting at 11.10am and 12.00pm)
 12.55pm - 3.00pm Public Swimming
 3.00pm - 4.00pm Lane Swimming

* Sunday 28 December

7.30am - 9.00am Stroud Masters
 9.00am - 11.00am Lane Swimming
 11.00am - 2.05pm Public Swimming
 2.10pm - 2.55pm Tanker, Floats and Rafts Inflatable Fun
 3.00pm - 3.45pm Closed for Private Party

* Monday 29 December

7.00am - 9.00am Lane Swimming
 9.00am - 11.00am Public Swimming
 10.15am - 11.50am Crusher Inflatable Fun (2 x 45 minute sessions starting at 10.15am and 11.05am)
 12.00pm - 1.30pm Lane Swimming
 1.35pm - 4.00pm Public Swimming

* Tuesday 30 December

7.00am - 9.00am Lane Swimming
 9.00am - 11.00am Public Swimming
 11.00am - 11.45am Aqua HITT
 11.00am - 12.00pm Parent and Toddler (Shallow end only)
 12.00pm - 1.30pm Lane Swimming
 1.40pm - 2.25pm Splat, Floats and Rafts Inflatable Fun
 2.30pm - 4.00pm Club Swimming

* Wednesday 31 December

7.00am - 9.00am Lane Swimming
 9.00am - 11.00am Public Swimming
 11.00am - 11.45am Aqua Aerobics
 11.00am - 12.00pm Parent and Toddler (Shallow end only)
 12.00pm - 1.30pm Lane Swimming
 1.40pm - 2.25pm Lobster, Floats and Mini Inflatable Fun
 2.30pm - 4.00pm Public Swimming

* Thursday 1 January

11.00am - 1.00pm Public Swimming
 1.00pm - 2.15pm Lane Swimming
 2.25pm - 4.00pm Tanker Inflatable Fun

* Friday 2 January

6.00am - 9.30am Lane Swimming
 9.30am - 11.00am Public Swimming
 11.00am - 11.45am Aqua Aerobics
 11.00am - 11.45pm Parent and Toddler (Shallow end only)
 11.50am - 1.00pm Lane Swimming
 1.00pm - 2.00pm Closed for Let's Play Swim Session
 2.00pm - 3.00pm Senior Swimming
 3.10pm - 4.45pm Crusher Inflatable Fun (2 x 45 minute sessions starting at 3.10pm and 4.00pm)

4.55pm - 6.00pm Public Swimming
 6.05pm - 6.50pm Aqua Power
 7.00pm - 8.30pm Club Swimming
 8.30pm - 10.00pm Lane Swimming

* Saturday 3 January

6.30am - 8.30am Club Swimming
 8.30am - 10.30am Public Swimming
 10.40am - 12.15pm Splat, Floats and Rafts Inflatable Fun (2 x 45 minute sessions starting at 10.40am and 11.30am)
 12.25pm - 5.00pm Public Swimming
 5.00pm - 8.00pm Lane Swimming

* Sunday 4 January

7.30am - 9.00am Stroud Masters
 9.00am - 11.00am Lane Swimming
 11.00am - 2.10pm Public Swimming
 2.15pm - 3.50pm Lobster, Floats and Mini Inflatable Fun (2 x 45 minute sessions starting at 2.15pm and 3.05pm)
 4.00pm - 6.00pm Pool Parties
 6.00pm - 8.00pm Severnside Tritons

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: Monday 16th February - Saturday 21st February
 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 (21st February) and will need to have a good swimming ability.

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	7.00am-4.00pm
Wednesday 1 January	11.00am-4.00pm
Thursday 2 January	Open as normal

Junior Gym

Instructor led session 11-16-year-olds
 Time: 12.30pm-1.30pm and 1.30pm-2.30pm
 (Sessions run daily)

Children aged between 11-16 years may attend anytime with a paying, supervising parent/guardian.

K-pop Demon Hunters Themed Christmas Dance Workshop



Date: Monday 22nd December
 Time: 3.20pm-5.20pm
 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.

Yoga Workshop Liminal space – Rest, restore, reset

Day: Tuesday 30th December
 Time: 2.00pm-4.00pm
 Price: £10.00 non-members £6.00 members

Pause and find stillness. This 2-hour yoga workshop holds space for you to take time to rest, gently restore to link movement with breath, and reset to reconnect and renew intentions.

Let's Play Fun Days

Date: Monday 22nd December, Tuesday 23rd December and Friday 2nd January
 Suitable for: 5-12-year-olds

Swimming, multi-sports, arts and crafts, bouncy castle, performing arts, gaming, laser tag, Nerf wars, Lego building and much more.

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

Start 2026 strong with an Active Lifestyles Membership

Whether you're into gym workouts, swimming, fitness classes, or just looking to get more active.

Now's the perfect time to join.

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

