

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 - 12.45pm	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 - 10.00am	Body Combat	
9.30am - 10.15am	Group Cycling	
10.05am - 10.35am	GRIT Strength	
10.30am - 11.00am	Group Cycling Express	
11.00am - 11.45am	Aqua Aerobics	
11.45am - 12.30pm	Stretch and Mobility	
* Thursday 1 January		
11.15am - 12.00pm	Body Combat	
12.15pm - 1.00pm	AMRAP	
1.15pm - 2.00pm	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-7.05pm

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



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

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 - 8.15pm

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



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 - 7.15pm 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 - 2.15pm Public Swimming
2.25pm - 4.00pm Tanker, Floats and Rafts Inflatable Fun (2 x 45 minute sessions starting at 2.25pm and 3.15pm)

❄ Monday 29 December

7.00am - 9.00am Lane Swimming
9.00am - 10.00am 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 HIIT
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 (2 x 45 minute sessions starting at 2.25pm and 3.15pm)

❄ 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

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 Club 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: 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

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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



Active Lifestyles Stroud