

Pilates @ Potterne

Tuesdays with Taryn

6.30 – 7.25pm Beginners
7.30 – 8.25pm Intermediate

Dates: September 8th, 15th, 22nd, 29th
October 6th, 13th, 20th

7 sessions

Cost:

Member	-	£34.65
Non member	-	£40.25

Wednesdays with Paul

6.30 – 7.25pm Advanced
7.30 – 8.25pm Intermediate

Dates: September 9th, 16th, 23rd, 30th
October 7th, 14th, 21st

7 sessions

Cost:

Member	-	£34.65
Non member	-	£40.25

*Please re-enrol by **02/09/09** to secure your place. After this time your place **will** be offered to those on the waiting list. Please let us know if you do not wish to continue with this course. Thank you.*

What do I need to take? You will need to take a Yoga/Pilates mat as much of this class is floor work.

If you do not have a mat, you could take a towel to lie on. You may also need a Fit Ball for Pilates, your instructor will be able to give you more information on this. You will need to wear comfortable loose - fitting clothes. If you have any doubts please speak with your instructor and they will be happy to advise you.

Please note: Courses must be paid for in full. We will not make adjustments for holidays. However if your holiday falls at the beginning of a course you may take the chance of booking on the course when you get back from holiday. However we will *not* hold your place open for you.

If the course fills you will then lose your place.



01202 821007

ADULT COURSES September—October 09

Courtesy telephone calls will no longer be made to remind of start dates. Please enrol either in person or via phone by the highlighted date to avoid losing your place. Payment to be taken at time of booking.

Centre membership prices
Adults £10.00
Junior / S Citizen £6.00
Family £25.00

Eat wise & Energise

Tuesdays

Dates: Please enquire at reception for current dates

10.30am – 12.30pm

Course Cost:

Member: £ tbc Non member £ tbc

This course offers advice on good healthy eating, including a weigh in every week, meal and snack ideas, food labelling and gentle exercise.

Tai Chi @ Potterne

Please enquire at reception with interest in a Tai Chi course.

Indoor Cycling @ Potterne

Up to date timetable available from reception

What do I need to take? You will need a water bottle and a towel.

Please note: Blocks of 5 week classes must be booked and paid for at the same time, however they don't have to be continuous weeks. Once booked however, these dates cannot be changed, and no refunds can be given.

Bodyworks members can join the classes for free providing it's booked no more than 2 hours in advance. Any further in advance the class / classes must be paid for.

Cost	Per session		5 week block	
	30 min class	45 min class	30 min class	45 min class
Member	£3.40	£3.90	£14.50	£17.00
Non Member	£3.90	£4.40	£17.00	£20.00

YOGA @ Potterne with Janis

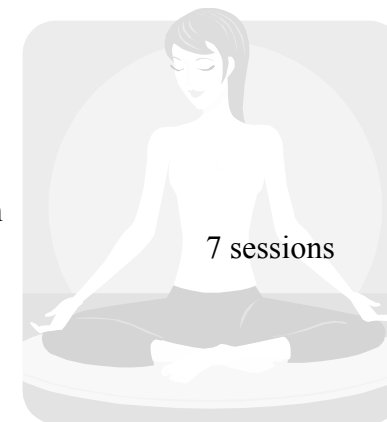
Mondays 7.00 – 8.30pm

Dates: September 7th, 14th, 21st, 28th
October 5th, 12th, 19th

Cost:

Member - £34.65

Non member - £40.25



Wednesdays 10.30am – 12noon

Dates: September 9th, 16th, 23rd, 30th
October 7th, 14th, 21st

7 sessions

Cost:

Member - £34.65

Non member - £40.25

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