

wellness Exercise Classes



Monday			
9.30am - 10.30am	Pilates	Mercede	St Nicholas Park
10.30am - 11.30pm	Pilates (Crèche available)	Darren	Castle Farm
11.15am - 12noon	Aqua fit	Lee	Abbey Fields
6pm - 7pm	Aerobics	Gail	St Nicholas Park
	Circuits	Amarjeet	Castle Farm
	Pilates	Rachel	Newbold Comyn
6.30pm - 7.30pm	Improver Pilates	Jan	St Nicholas Park
7pm - 8pm	Circuits	Kate	Newbold Comyn
7.30pm - 8.30pm	Pilates	Rachel	St Nicholas Park
8pm - 9pm	Aqua fit	Julieann	St Nicholas Park
Tuesday			
10am - 11.00am	Aqua fit (Crèche available)	Liza	St Nicholas Park
10.30am - 11.30am	Aerobics (Crèche available)	Gail	Castle Farm
11am - 12noon	Body Conditioning (Crèche available)	Barbara/Curtis	St Nicholas Park
6pm - 7pm	Body Blitz Circuit	Barbara/Curtis	St Nicholas Park
	Aerobics	Gail	Castle farm
7pm - 8pm	Body Definition	Jackie	St Nicholas Park
	Salsa fit	Edgar	Castle Farm
7.30pm - 8.30pm	Pilates	Gail	St Nicholas Park
Wednesday			
11.15am - 12.15pm	Bums Legs & Tums (Crèche available)	Gail	St Nicholas Park
1.30pm - 3pm	Yoga	Angie	Castle Farm
5pm - 6pm	Pilates	Gail	Castle Farm
6pm - 7pm	Pilates	Gail	Castle farm
6pm - 7pm	Cardio Burn	Jackie	St Nicholas Park
6pm - 7pm	Circuits	Kate	Newbold Comyn
7pm - 8pm	Bums Legs & Tums	Jackie	St Nicholas Park
7.30pm - 8pm	Deep-Water Aquafit	Tony	St Nicholas Park
8pm - 9pm	Aqua fit	Tony	St Nicholas Park
Thursday			
11.15am - 12noon	Aqua fit	Lee	Abbey Fields
6pm - 7pm	Fitball Flex and Tone	Wayne	St Nicholas Park
	Fat Burner Circuit	Gail	Castle Farm
	Boxercise	Leila	Newbold Comyn
Friday			
11.00am - 12noon	Fat Burner (Crèche available)	Barbara/Curtis	St Nicholas Park
11.30am - 1pm	Yoga	Angie	Newbold Comyn
6pm - 7pm	Body Blitz Circuit	Barbara/Curtis	St Nicholas Park
Saturday			
9pm - 10am	Pilates	Jan	Castle Farm
10pm - 11am	Combat Fit	Jackie	Castle Farm
10.30pm - 11.30am	Pilates	Gail	St Nicholas Park

All classes at St Nicholas Park are 55 minutes long. Some classes are bookable. Timetable is subject to change. Call your nearest leisure centre for details. St Nicholas Park Leisure Centre - Payment will be required at the time of booking for pilates and fitball. Those wishing to cancel a class must do so 48 hours in advance, or risk being charged the full cost if the place is not resold.

Contact details and gym opening times

Castle Farm Recreation Centre

Fishponds Road

Kenilworth

CV8 1EY

Tel: 01926 850550

Monday - Friday 8.30am - 10.00pm

Saturday 9.00am - 5.00pm

Sunday 9.00am - 10.00pm

Off Peak - Monday to Friday, 8.30am - 4.30pm,

Plus all weekend

Newbold Comyn Leisure Centre

Newbold Terrace East

Leamington Spa

CV32 4EW

Tel: 01926 882083

Monday - Friday 7.00am - 9.30pm

Saturday 7.00am - 7.00pm

Sunday 7.00am - 8.00pm

Off Peak - Monday to Friday, 7.00am - 4.30pm,

Plus all weekend

Meadow Community Sports Centre

Kenilworth School

Leyes Lane

Kenilworth

CV8 2DA

Tel: 01926 857613

Monday - Friday 5.30pm - 10.00pm (office open
from 5.00pm)

Saturday 9.00am - 6.00pm

Sunday 9.00am - 6.00pm

Off Peak - All weekend

St Nicholas Park Leisure Centre

Banbury Road

Warwick

CV34 4QY

Tel: 01926 495353

Monday - Friday 7.00am - 9.30pm

Saturday & Sunday 8.15am - 8.30pm

Off Peak - Monday to Friday, 7.00am - 4.30pm,

Plus all weekend

