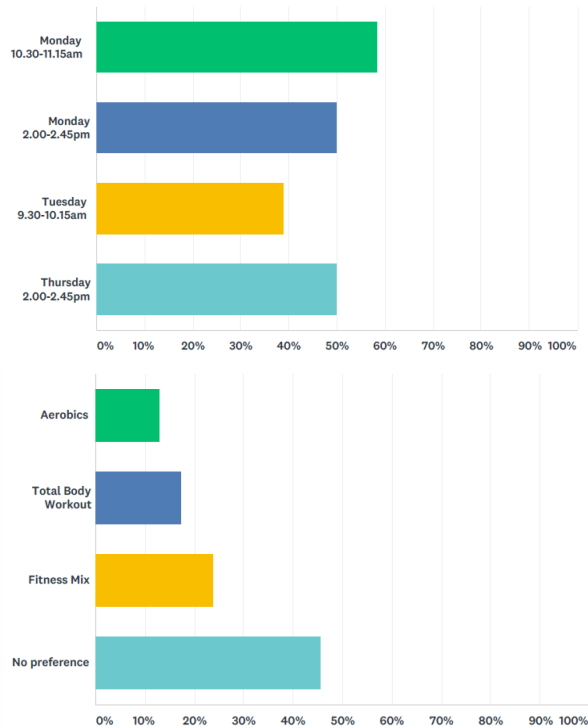




Group Fitness Survey

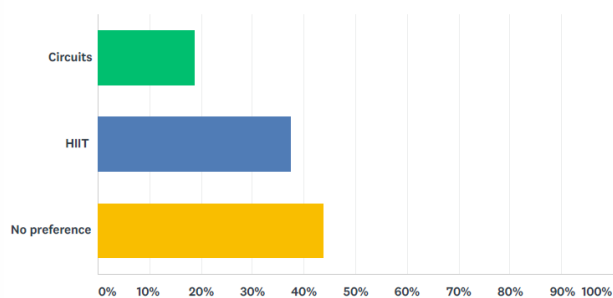
Work has been done as part of the HLC Development to provide a more balanced group fitness timetable and offer some of the classes that we have previously received requests for.

50+ Classes



The two preferred 50+ classes that will be offered per week will be on Mondays 10.30-11.15am & Thursdays 2-2.45pm. As 'No preference' of preferred type of 50+ classes had the highest response, this will be decided following recruitment of coaches.

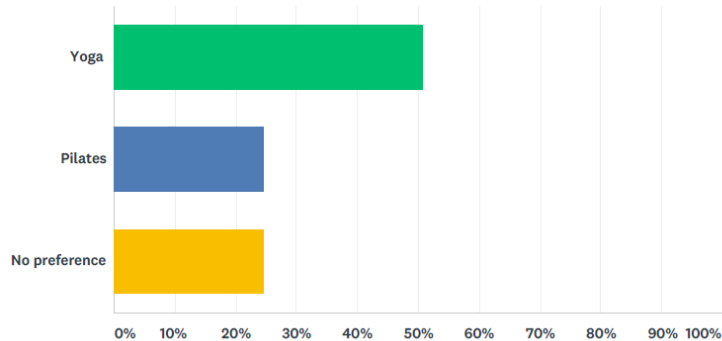
Cardio Classes



Preferred cardio option for Tuesday's class 7-7.45am was HIIT.

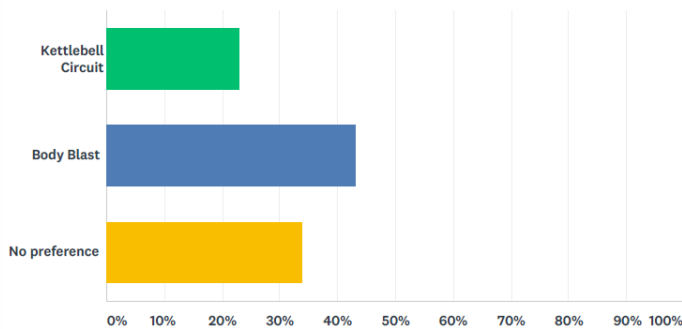


Mind & Body Classes



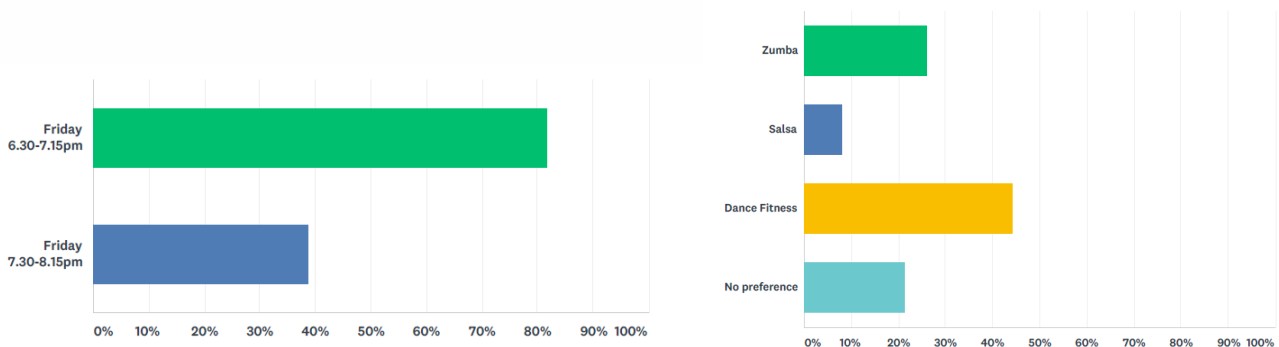
Preferred class for mind & body for Thursday's 7.15-8pm was Yoga.

Strength & Toning Classes



Preferred option for Strength & Toning class Thursdays 7-7.45am was Body Blast.
(This class will be delivered as a weights based class)

Dance Classes



Preferred Dance class time was Fridays 6.30-7.15pm and the preferred Dance class option was Dance Fitness.

*Please note that all classes are subject to availability of qualified coaches
Whilst we appreciate we may not be able to meet everyone's individual requirements, we
have tried to offer a balanced programme.*

Thank you again for all your feedback.

We look forward to introducing the new timetable in 2018.