



PACES Exercise Class Timetable 2021

For more information please contact the Pavilion on
0191 5869957



Monday	Tuesday	Wednesday	Thursday	Friday
Circuit Challenge 9.30 -10.15 & 10.30 -11.15	S.A.S 9.15 -10.45	Body Tone 9.30 -10.15	Circuit Challenge 9.30 -10.15	Body Tone 9.30 -10.15
Pilates 11.30 -12.15	Health Walk Meet 9.30	Body Tone 10.30-11.15	Pilates 11.30 – 12.15	Chi Kung (Tai Chi) 10.30 -11.30
Health Walk 11.30 -12.30	Walking Cricket 10.00 -11.00	Yoga 11.30-100	Pilates 11.30-12.15	Taste Buddies 12.30-3.00
Active Life 12.30 -1.30	Aerobics 10.45 -11.30		Active Life 1.00 -2.00	
Zumba	Aerobics 6.00 - 6.45		Taekwondo	
	Little Dribblers 5.00-5.45			
	Yoga 7.00 -8.30			

CLASS INTENSITY LEVELS

High energy/toning fun sessions

Mind, body, spirit sessions

Fun, low/moderate exercise toning session

Gentle exercise sessions

Not part of PACES



CLASS DESCRIPTIONS

Circuit Challenge

45-minute workout that gets your heart rate up and strengthens and tones your muscles at the same time. Moving quickly through a number of exercises to work different muscle groups, this workout is fun, motivating and challenging. Suitable for all fitness levels.

Aerobics (Hi/Low impact dance aerobics) - is an energetic, upbeat *aerobics class* that is sure to get your body moving and is a great workout for all levels of fitness ...

Zumba

Mixes body sculpting movements with dance steps derived from various dances including merengue, salsa, mambo, rumba, flamenco & calypso, with a combination of fast & slow rhythms. Targets areas such as the glutes, legs, arms, abdominals and the heart.

Pilates

A fantastic mix of core strength, flexibility and abdominal conditioning.

Yoga

Gentle stretching exercises designed to improve flexibility and promotes well-being including breathing exercises and guided relaxation.

Health Walk

Caters for all abilities, please wear suitable footwear. Refreshments available for purchase in the Pavilion Bistro after your walk.

Body Tone

Class aimed at beginners or people wanting to get back into exercise. Fun, low impact class enhances body tone and improves well being.

Chi Kung (Tai Chi)

A form of gentle rhythmic exercise composed of movements that are repeated several times. Chi Kung is an energy workout that promotes the flow of energy around the body.

Active Life

Have fun and move through a gentle circuit-based exercise session designed to increase muscular strength, range of movement, and activities for daily living.

S.A.S

A mixture of non-competitive sport & exercise based indoor/outdoor activities delivered on a weekly basis. These sessions are a great way to include fitness and socialising into your week. So what are you waiting for, bring a friend along, and you can help each other to stay motivated!

Taste Buddies A weekly social get together with like minded people whilst enjoying a two-course lunch. Fun quiz, social activities, and arts & crafts provided after lunch (optional).

Taekwondo Taekwondo is a traditional Korean martial art, that teaches more than physical fighting skills. It is a discipline that improves balance, co-ordination, self-confidence, and helps enhance general fitness through training body and mind.

Little Dribblers

Is a fun introduction to football for 3 to 5 year olds and an ideal choice for parents who want to give their children a healthy and active start in life.