

IMPORTANT INFORMATION

The following will enable you to get the best from your workout or pool session.

- Always wear clothes that are comfortable.
- Drink plenty of water throughout any workout to avoid dehydration.
- Arrive to class on time. (warming up is essential)
- Let the instructor know if you have any health problems or are new to the class.
- Do not exercise if you are feeling unwell at all.
- Remember it is wise to consult your doctor before you take up a new exercise regime and always stop an exercise if it causes pain.
- Booking into a class is essential. This helps us to keep track of class attendance.
- Supervision of children. Under 4's 1:1, Under 8's and non swimmers under 16 1:2.
- Please shower before entering the pool, particularly after using the sauna, steam room or hot tub.
- No glass or crockery is allowed on the poolside.
- Under 16's are not permitted to use the Sauna, Steam Room or Hot Tub.
- Do not use the Sauna, Steam Room or Hot tub if you have cardiovascular related health problems.
- Please do not swim if you have just eaten or drunk, or if you have an upset stomach

**Please remember to cancel
your booked sessions if you
are unable to attend, therefore
giving other members the
opportunity to sign up**

Opening Times
Monday – Friday
06:30 – 21:00
Saturday – Sunday
07:00 – 20:00



Tewkesbury Park, Lincoln Green Lane,
Tewkesbury GL20 7DN
01684 272341
health@tewkesburypark.co.uk
www.tewkesburypark.co.uk/keep-fit

Class & Pool Timetable



Spa | Health | Golf

CLASS TIMETABLE

Tuesday	Class	Instructor
09:15-10:15	Aerobics	Jackie
10:30-11:30	Aqua Aerobics*	Jackie

Wednesday	Class	Instructor
09:15-10:15	Spin	Jackie
10:15-11:15	Low Impact Body	Jackie

Friday	Class	Instructor
09:15-10:15	Spin	Jackie
10:00-11:00	Pilates (basics)	Margaret
10:30-11:30	Aqua Aerobics*	Jackie
11:00-12:00	Pilates (intermediate)	Margaret
12:00-13:00	Total Ball Rehab	Margaret

Saturday	Class	Instructor
09:45-10:45	Body Combo	Jackie

SPIN is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

AEROBICS is a form of physical exercise that combines rhythmic movement with stretching and strength training routines with the goal of improving all elements of fitness.

LOW-IMPACT BODY workout is typically less hard on the body, especially on our joints, and can be a great way to get a heart-pumping workout while reducing the risk of injury.

PILATES is a sequence of controlled stretching and strengthening exercises that are performed to improve balance, muscle-strength, flexibility and posture, without putting strain on the body

TOTAL BALL REHAB is exercises with a ball, using basic forms of rehabilitation that allow to improve the condition of the hips, knees and above all, these exercises will improve the condition of the spine.

AQUA AEROBICS is perfect for those that want to improve their fitness levels with a low impact workout. Thanks to the added resistance provided by the water, you get a full body workout which is much easier on your joints.

POOL TIMETABLE

Monday - Friday	Activity
06:30-09:00	Adult Swim
09:00-12:00	Family Swim
12:00-13:00	Adult Swim
13:00-19:00	Family Swim
19:00-21:00	Adult Swim

***Please be aware the pool will close Tuesday & Friday 10:30 – 11:30 during Aqua Aerobics**

Saturday	Activity
07:00-09:00	Adult Swim
09:00-18:00	Family Swim
18:00-20:00	Adult Swim

To book in for a class call
01684 272341
Or
Book at health reception
up to 7 days in advance
or email
health@tewkesburypark.co.uk