

Fitness & Dance Showcase Timetable

Friday 23rd February

Time	Fitness Studio	Indoor Cycling Studio	Warren Retreat	Pool	Outdoors
9.15 - 9.40am	RISE Step Fitness Ian	Gentle Cycle • Mark	Stretch 'n' Tone • Alison	Aqua Fit Kelly	Bootcamp Johnny
10.00 - 10.25am	Boxercise • Mark		Zumba Gold • Lenka	Aqua Zumba Kelly	Walking Group • Johnny
10.45 - 11.15am	Cofton Core Jonny	HIIT Cycle Mark	Yoga Kelly	Aqua Circuit • Alison	Outdoor Circuit Ian

• Classes for people new to exercise or returning to exercise

book
your place
NOW

Showcasing a range of Fabulous, FREE fitness classes

See our full Showcase lineup at: www.coftonholidays.co.uk/events/fitness-dance-showcase

To register your interest and find out more, speak to our Ashburn Springs leisure staff or call **01626 892600**

Ashburn Springs
SPA & LEISURE

Book your place Now Saturday 24th February

Fitness & Dance Showcase Timetable

Time	Fitness Studio	Indoor Cycling Studio	Warren Retreat	Pool	Outdoors
8.00 - 8.25am		Indoor Cycling Mark	Zumba Charlie	Aquafit Alison	
8.30 - 8.55am	Suspension Alex		Body Conditioning Ian		
9.00 - 9.25am		Indoor Cycling Alex	Metafit Mark	Aqua Dance Charlie	
9.30 - 9.55am	Body Pump Thomas		Zumba Kelly		Bootcamp Ian
10.00 - 10.25am		Last Legs Cycle Louise	Boxercise Mark		
10.30 - 10.55am	Strong Zumba Charlie		RISE Step Fitness Ian		GRIT Cardio Thomas
11.00 - 11.25am		Indoor Cycling Johnny	Yogalates Louise		
11.30 - 11.55am	Bar Boost Alex		Aerobics Reloaded Ian		Running Group Mark
12.30 - 12.55pm		Combo Cycle Thomas	VIT Step Ian		Outdoor Circuits Johnny
1.00 - 1.25pm	MetaPWR Mark		Body Balance Lewis		
1.30 - 1.55pm		HIIT Cycle Andrew	Cofton Core Ian & Johnny		Bootcamp Alex
2.00 - 2.25pm	Yoga Lewis		Kettlebells Mark		
2.30 - 2.55pm			Fitness Finale Ashburn instructor team		

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Fitness & Dance Showcase Timetable

Sunday 25th February



Time	Fitness Studio	Indoor Cycling Studio	Warren Retreat	Pool	Outdoors
8.00 - 8.25am		Inddor Cycling Alex		Water Babies	
8.30 - 8.55am			Wake Up Shake Up Ian	Water Babies	
9.00 - 9.25am	Kettlebells Mark	Pyramid Cycle Kyle	Zumbatomic Kelly	Family Aquafit Alex	
9.30 - 9.55am	Body Balance Rozie		Soccer Jam Ian	Water Soft Play	
10.00 - 10.25am	Pilates Rozie		Kids Boxercise Kyle		Family Bootcamp Ian
10.30 - 10.55am	TRX Mark	Final Stage Cycle Johnny	Street Dance Shona		
11.00 - 11.25am			Dance Display		

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