



The Louisa Centre Fitness Class Timetable



Group Exercise Classes

Day	Class	Time	Price
Mon	Metafit	5.00-5.30pm	£3.00
	Iron Fit	5.30-6.15pm	£4.00
	Trixtter Bikes	6.00-6.45pm	£3.50
	Bags n Pads	6.30-9.00pm	£2.50
	Pilates	7.30-8.30pm	£4.00
Tues	PiYo	9.30-10.00am	£3.00
	Aqua fit	10.00-11.00am	£3.00
	Metafit	12.15-12.45pm	£3.00
	Metafit	5.30-6.00pm	£3.00
	Iron Fit	6.00-6.45pm	£4.00
	Tidal (pool)	6.30-7.00pm	£3.00
	Super Circuits	7.00-8.00pm	£4.00
Wed	Pound	7.00-7.45pm	£3.50
	Iron Fit	9.30-10.15am	£4.00
	PiYo	5.30-6.00pm	£3.00
	Metafit	6.00-6.30pm	£3.00
	Booty Squad	6.30-7.15pm	£3.50
Thurs	Tidal (pool)	8.00-8.30pm	£3.00
	Aqua Aerobics	10.00-11.00am	£3.00
	Metafit	12.15-12.45pm	£3.00
	Metafit	5.00-5.30pm	£3.00
	Tornado	5.45-6.15pm	£3.00
Fri	Hybrid	6.30-7.30pm	£4.00
	Iron Fit	12.00-12.45pm	£4.00
	Metafit	5.00-5.30pm	£3.00
Sat	Booty Squad	5.30-6.15pm	£3.50
	Metafit	9.30-10.00am	£3.00
Sun	Iron Fit	10.00-10.45am	£4.00
	Tornado	9.30-10.00am	£3.00
Mon	Trixtter Bikes	5.00-5.45pm	£3.50
	Metafit	5.00-5.30pm	£3.00
	Super Circuits	6.00-7.00pm	£4.00
	Yoga	6.00-7.30pm	£6.00

Classes for adults starting or returning to exercise

Day	Class	Time	Price
Mon	Health & Wellbeing Gym	8.30-9.30am	£3.30
		9.30-10.30am	£3.30
		10.30-11.30am	£3.30
Tues	Silver Circuits	11.30-12.30pm	£3.30
	Silver Circuits	10.30-11.30am	£3.30
	Health & Wellbeing Gym	6.00-7.00pm	£3.30
Wed	Health & Wellbeing Gym	8.30-9.30am	£3.30
	Wellbeing Gym	9.30-10.30am	£3.30
		10.30-11.30am	£3.30
	Gentle Aqua	12.00-1.00pm	£3.00
Thurs		1.00-2.00pm	£3.00
	Health & Wellbeing Gym	9.30-10.30am	£3.30
	Silver Circuits	10.30-11.30am	£3.30
Fri	Silver Circuits	9.30-10.30am	£3.30
	Health & Wellbeing Gym	9.30-10.30am	£3.30
	Drop in Health & Wellbeing Gym	10.30-12.00pm	£3.00
	Gentle Aqua	11.00-12.00pm	£3.00
Sat		12.00-1.00pm	£3.00
	Health & Wellbeing Gym	9.30-10.30am	£3.30

Pay per class or save with a Class Pass and access any of these classes for only £35 per month.

Save even more with a 12 month pass for £350 or sign up to a 12 month direct debit contract for £30 per month. Includes fitness classes at Consett Leisure Centre.

Please note:

- Classes may be cancelled or withdrawn without notice, contact the centre before attending
- Advanced booking for classes is recommended to guarantee a place (including class pass holders)
- Classes can be booked eight days in advance, no refunds will be issued for bookings cancelled within 48 hours of the class
- Children will only be permitted to accompany adults attending group exercise classes held in the Main Hall eg metafit
- Classes are open to anyone aged 14 years plus