

Activities and Fitness Classes Denbigh Leisure Centre

Monday		Thursday	
Disability Trampolining *	5:00pm – 7:00pm	Aqua Aerobics	8:00am – 8:45am
Adrian Jnr Karate Club *	5:30pm – 6:30pm	Disability Swim Session	4:00pm – 4:45pm
Body & Tone	6:30pm – 7:30pm	Adrian Jnr Karate Club *	5:30pm – 6:30pm
Step & Tone	7:30pm – 8:30pm	Spinning #	Class 1 - 5:45pm – 6:30pm Class 2 - 6:45pm – 7:30pm
Aqua Natal	7:30pm – 8:15pm	Circuits with Paul	7:00pm – 8:00pm
Tuesday		Table Tennis Club *	6:30pm – 9:30pm
Junior Water Polo	4:00pm – 5:00pm	Swim Fit (Masters Swimming)	8:00pm – 9:30pm
Graham Jnr Karate Club*	5:30pm – 7:30pm	Pilates	8:15pm – 9:00pm
Spinning #	Class 1 - 5:45pm – 6:30pm Class 2 - 6:45pm – 7:30pm	Friday	
Circuits with Paul	7:15pm – 8:15pm	Wrexham Mini Kickers 4 - 7 yrs	4:30pm – 5:15pm
Graham Adult Karate Club *	8:30pm – 9:30pm	Wrexham Mini Kickers 8 - 12 yrs	5:30pm – 6:15pm
Wednesday		Graham Karate *	5:30pm – 6:30pm
Early Morning Fitness with Paul	7:00am – 8:00am	Saturday	
Shirley Karate Club *	6:00pm – 7:00pm	Gymnastics Club *	10:00am – 2:00pm
Aqua Aerobics	6:00pm – 6:45pm	Junior Snorkelling	10:30am – 11:30am
Legs, Bums & Tums	7:00pm – 8:00pm	Swim Fit - Swim Fit Lengths combines a cardiovascular workout with stroke technique. Classes are tailored to your swimming ability.	
Ladies Netball Club *	7:30pm – 8:30pm	Legs Bums and Tums - Low impact class with some aerobic work and body toning, especially on the problem areas.	
Gareth Tae Kwondo *	8:00pm – 9:00pm	Step & Tone - A Combination of basic step and abdominal workout. A fantastic fat burning class which aids weight loss and improves general overall fitness.	
<p style="text-align: center;">Class Information</p> <p>Please arrive 10 minutes before a class starts. The classes may be subject to change; however every effort will be made to cover classes during Instructor's absences.</p> <p style="text-align: center;"># - Class requires booking.</p> <p>* These sessions are run by clubs who hire the Centre's facilities, for further details please contact Reception for a Club information sheet.</p>		Body & Tone - Low-impact aerobics session with abdominal and weights workout for fitness and tone, is especially good for losing weight, the more mature individual and people new to exercise.	
		Aqua Aerobics - A shallow water class suitable for all levels and abilities incorporating cardiovascular fitness/fat burning exercise, muscle conditioning and toning.	
		Circuits - This class will help to improve strength, balance, flexibility and movement quality as well as raising your cardiovascular performance. Consisting of simple aerobic training i.e. running, skipping, jumping and muscle endurance stations with options to suit all fitness levels.	
		Spinning - This is an indoor cycle class with an aerobic workout	
		Pilates - Pilates stretches, lengthens and strengthens the deeper muscles to improve body alignment, posture, movement and breathing. It develops awareness of body positioning, encouraging your whole body to work as an integrated unit. Pilates aims to improve muscle tone, core stability, fitness, posture, balance and flexibility.	

For further information visit our webpage via www.sportdenbighshire.co.uk or contact Reception.