

# 2024 FITNESS EXTRAVAGANZA



## DUKERIES LEISURE CENTRE

SATURDAY 22ND JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:00	10:15	BOOTCAMP CYCLE - ABS - CORE	CYCLE STUDIO / SPORTS HALL	KATIE WATSON
10:15	11:00	ACTIVE HIIT CIRCUITS	SPORTS HALL	KATIE WATSON
10:15	10:45	ACTIVE SYNRGY	FITNESS SUITE	FITNESS TEAM
11:00	11:30	FREE WEIGHTS FITNESS & CIRCUITS	FITNESS SUITE	FITNESS TEAM
11:15	12:00	ACTIVE AQUAEROBICS	POOL	KATIE WATSON

SATURDAY 29TH JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:00	10:15	BOOTCAMP CYCLE - TABATA - STRENGTH	CYCLE STUDIO / SPORTS HALL	KATIE WATSON
10:15	11:00	ACTIVE PILATES	FITNESS STUDIO	KATIE WATSON
10:15	10:45	ACTIVE SYNRGY	FITNESS SUITE	FITNESS TEAM
11:00	11:30	FREE WEIGHTS FITNESS & CIRCUITS	FITNESS SUITE	FITNESS TEAM
11:15	12:00	ACTIVE AQUAEROBICS	POOL	KATIE WATSON

# 2024 FITNESS EXTRAVAGANZA



## NEWARK SPORTS AND FITNESS CENTRE

SATURDAY 22ND JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
08:30	09:15	ACTIVE BODY CONDITIONING	FITNESS STUDIO	PAIGE DAVIS
09:15	10:00	ACTIVE BROADWAY BOOGIE	FITNESS STUDIO	PAIGE DAVIS
10:15	11:15	ACTIVE YOGA	FITNESS STUDIO	LYNDSEY KING
10:30	11:00	ACTIVE SYNRGY	FITNESS SUITE	FITNESS TEAM
11:15	11:45	INTRODUCTION TO FREE WEIGHTS	FITNESS SUITE	FITNESS TEAM

SATURDAY 29TH JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
08:30	09:15	ACTIVE BODY CONDITIONING	FITNESS STUDIO	MICHAEL ANDERSON
09:15	10:00	ACTIVE DANCEFIT	FITNESS STUDIO	JENNA KNIGHT
10:15	11:15	ACTIVE YOGA	FITNESS STUDIO	LYNDSEY KING
10:30	11:00	ACTIVE SYNRGY	FITNESS SUITE	MICHAEL ANDERSON
11:15	11:45	FUNCTIONAL FITNESS	FITNESS SUITE	MICHAEL ANDERSON

# 2024 FITNESS EXTRAVAGANZA



## BLIDWORTH LEISURE CENTRE

SATURDAY 22ND JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:30	10:15	ACTIVE YOGA	ACTIVITY STUDIO	LYNN STEVENSON
09:30	10:00	ACTIVE SYNRGY	FITNESS SUITE	FITNESS TEAM
10:00	10:30	ACTIVE CYCLE	FITNESS STUDIO	CARRIE BIRKIN
10:30	11:00	ACTIVE STRENGTH & TONE	ACTIVITY STUDIO	CARRIE BIRKIN
11:00	11:30	ACTIVE ABS BLAST	ACTIVITY STUDIO	CARRIE BIRKIN

SATURDAY 29TH JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:30	10:15	ACTIVE YOGA	ACTIVITY STUDIO	LYNN STEVENSON
09:30	10:00	ACTIVE SYNRGY	FITNESS SUITE	FITNESS TEAM
10:00	10:30	ACTIVE HIIT	FITNESS STUDIO	MICHELLE HARDING
10:30	11:00	ACTIVE KETTLES	ACTIVITY STUDIO	MICHELLE HARDING
11:00	11:30	ACTIVE BOXING	ACTIVITY STUDIO	MICHELLE HARDING

# 2024 FITNESS EXTRAVAGANZA



## SOUTHWELL LEISURE CENTRE

SATURDAY 22ND JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:00	09:45	ACTIVE CYCLE	CYCLE STUDIO	KAREN HUTCHINS
09:00	09:30	ACTIVE HIIT	FITNESS SUITE	FITNESS TEAM
09:30	10:15	ACTIVE DRUM FUN	SPORTS HALL	CHRIS YEOMANS
10:00	10:45	ACTIVE ZUMBA	SQUASH COURTS	KAREN HUTCHINS
10:30	11:15	ACTIVE BOXING	SPORTS HALL	CHRIS YEOMANS
11:15	12:00	ACTIVE CORE FUSION	SPORTS HALL	CHRIS YEOMANS

SATURDAY 29TH JUNE 2024

TIME		ACTIVITY	LOCATION	INSTRUCTOR
START	END			
09:00	09:45	ACTIVE CYCLE	CYCLE STUDIO	KAREN HUTCHINS
09:00	09:30	ACTIVE HIIT	FITNESS SUITE	FITNESS TEAM
09:30	10:15	ACTIVE LEGS, BUMS & TUMS	SPORTS HALL	RACHEL STAFFORD
10:00	10:45	ACTIVE ZUMBA	SQUASH COURTS	KAREN HUTCHINS
10:15	11:00	ACTIVE PILATES	SPORTS HALL	RACHEL STAFFORD