

# Aspire

## at the Springfield Hotel Spa Studio

Classes held in our studio and pool

<b>Mon</b>	Aqua Fit *	09.30 – 10.30	Adults	5.00	Sylvia
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Circuits *	19.00 – 19.45	Adults	5.00	Sophie
<b>Tues</b>	Aqua Stretch *	09.15 – 10.00	Adults	5.00	Mark
	Energizer *	09.30 – 10.30	Adults	5.00	Sylvia
	Pilates	10.45 – 11.45	Adults	Pre-book	Kirsty
	Pilates	12.00 – 13.00	Adults	Pre-book	Kirsty
	Postnatal Pilates	13.15 – 14.15	Adults	Pre-book	Kirsty
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
	Cardio Condition *	18.15 – 19.15	Adults	5.00	Sylvia
	Ashtanga Yoga	19.15 – 20.45	Adults	7.50	Vanessa
<b>Wed</b>	Aqua Fit *	09.30 – 10.30	Adults	5.00	Sylvia
	Tai Chi	11.00 – 12.00	Adults	5.00	Patrick
	Chi Kung	14.00 – 15.00	Adults	5.00	Patrick
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Louise
<b>Thurs</b>	Energizer *	09.30 – 10.30	Adults	5.00	Sylvia
	Yoga	11.00 – 12.30	Adults	Pre-book	Pam
	Swimming Lesson	15.30 – 17.30	Children	Pre-book	Sylvia
	Aqua Aerobics	18.30 – 19.30	Adults	5.00	Sylvia
<b>Fri</b>	Energizer Extra *	09.30 – 10.30	Adults	5.00	Sylvia
	Aqua Gym *	11.00 – 12.00	Adults	5.00	Mark
<b>Sat</b>	Pilates	08.00 – 09.00	Adults	Pre-book	Kirsty
	Pregnancy Pilates	09.00 – 10.00	Adults	Pre-book	Kirsty

**\*Free classes to members**

Instructor contact details on reverse

To book or register for classes please call the relevant instructor:

Sylvia 07917 646 275

Pam 07710 503 247

Vanessa 07967 998 446

Kirsty 07793 205 579

Louise 07736 643 885

or email [swimwithlouise@hotmail.co.uk](mailto:swimwithlouise@hotmail.co.uk)

For any other information please contact reception on 01929 552177