



Masses of classes at the Pelican Centre

With over **55** classes on the timetable every week,
what will you choose?

Monday

- 4 9.30am Zumba
- 2 10.30am Zumba Gold
- 2 11.30am Aquafit
- 1 12.30pm Low Aerobics
- 3 12.30pm Focus Training
- 3 3.30pm Junior Gym
- 3 4pm Body Sculpt
- 3 4.45pm Legs Bums Tums
- 2 5.30pm Stretch & Flex
- 4 6.20pm Zumba
- 5 7.15pm Circuits
- 2 8.15pm Yoga

Tuesday

- 5 6.50am Sunrise HIIT
- 3 9am Legs Bums & Tums
- 2 9.45am Pilates
- 2 10am Gentle Gym
- 2 10.30am Stretch & Flex **NEW!**
- 1 1pm Strength & Balance*
- 2 4.30pm Ballet Barre **NEW!**
- 4 5.30pm Dance Fit **NEW!**
- 3 6.20pm Legs Bums Tums
- 4 6.30pm Couch 2 5K
- 5 7.15pm PeliMAN Power
- 2 7.15pm Aquafit
- 2 8.15pm Pilates

Wednesday

- 4 12.15pm Zumba Gold
- 2 3.55pm Pilates
- 2 4.40pm Stretch & Flex
- 3 5.30pm Legs, Bums & Tums
- 4 6.20pm Zumba
- 4 7.15pm Body Blast
- 2 7.30pm Aquafit
- 5 8.10pm Circuits

Thursday

- 5 6.50am Sunrise HIIT
- 3 8.30am Focus Training
- 4 9.10am Dance Fit **NEW!**
- 2 10.15am Yoga
- 2 11.15am Chair Yoga
- 2 12pm Gentle Gym **NEW!**
- 2 12.15pm Aqua Zumba **NEW!**
- 3 3.30pm Junior Gym
- 3 4.15pm Body Sculpt
- 2 5pm Pilates
- 5 5.45pm Boxfit HIIT **NEW!**
- 4 6.15pm Strength & Conditioning **NEW!**
- 3 7pm No Worries Workouts
- 2 7.15pm Yoga
- 1 8.15pm Beginners' Yoga/Meditation & Relaxation Courses

Friday

- 2 9.05am Aquafit
- 4 9.10am Body Blast **NEW!**
- 2 10.05am Pilates
- 1 11am Low Aerobics
- 3 11.50am CIRCL Mobility **NEW!**
- 4 12.30pm Zumba
- 3 7pm Junior Gym

Saturday

- 5 9am Bootcamp

Sunday

- 2 10am Gentle Gym

**BOOK
TODAY!**



*Strength & Balance is a referral-only session. Speak to the Centre team for advice on how to join.

Pelican
PELI-OMETER

Not sure where to start? Use our Pelican Peli-ometer to choose the right class for your ability.

1. VERY LIGHT

2. LIGHT

3. MODERATE

4. VIGOROUS

5. INTENSE

At the heart of our community since 2012

CHARITY NUMBER 1159655