



Booking Information

We recommend that you book your class in advance. Bookings can be made up to 8 days in advance if you are a fitness member.

You can book:

- Online at www.link4lifeolb.org
- Via telephone
- In person at reception

Please ask us for our booking terms and conditions with details available at reception.

Times

Please arrive on time for your class and in order to fully participate you must take part in the warm-up.

Types of Classes

Dance

Move to the music, bounce to the beat and roll with the rhythm in our dance-based classes. These classes are fun, energising workouts that tone your entire body as you dance your way to a fitter, healthier lifestyle.

Cardiovascular

Cardio classes will get your heart pumping and the sweat pouring! Guaranteed to leave you glowing afterwards, these classes will work towards weight loss and improved fitness.

Conditioning

Our conditioning classes aim to help you towards the toned body we all want. These classes focus on those problem areas (abs, hips, thighs and buttocks).

Holistic

Holistic workouts will aim to improve flexibility, core strength and body conditioning. Expect to flatten your abs, strengthen muscles and improve posture with one of these popular classes.

Water Based

Based in the swimming pool, these classes will relieve the stress on joints whilst providing an aerobic workout to improve your cardiovascular fitness and mobility.

Information about our other sessions

Details of junior and family sessions are also available, including the Activity Gym and Link4Life Swim Academy programme. Let us help you plan your family fitness programme - daytimes, evenings, weekends or holidays you can co-ordinate your session times or take part together.

Membership Details

To find out more about our range of membership options, call or ring one of our team on 01706 923170.

Prices start from as little as **£22.99** per month

All classes
Plus £6.60
Link4Life Card £6
Extra Card £5.30
FREE to fitness members



SWIPE & SAVE WITH YOUR LINK4LIFE CARD
Extra discounts also available.
Pick up details of how to sign up for yours now.



* Prices and programme may vary and are correct at time of print

Monday

		Location
9am-9.45am	Aqua Aerobics	Main Pool
9.30am-10.15am	Zumba	Studio
10am-10.45am	Aqua Aerobics	Main Pool
10.30am-11.15am	Legs, Bums and Tums	Studio
11.30am-12.30am	Yoga	Studio
12.30pm-1.15pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	BodyCombat	Studio
5.30pm-6.15pm	Boot Camp	Sports Hall
6.15pm-7pm	BodyTone	Studio
6.30pm-7.15pm	Rebound	Sports Hall
7.15pm-8.15pm	Aqua Aerobics	Main Pool
7.15pm-8pm	Pilates	Studio
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
8.15pm-9pm	Indoor Cycling	Indoor Cycling Studio

Tuesday

		Location
6.45am-7.30am	Indoor Cycling	Indoor Cycling Studio
9.30am-10.15am	BodyBalance	Studio
10.30am-11.15am	Zumba	Studio
11.30am-12.15pm	Kettlebells	Studio
12.30pm-1.15pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	P90	Studio
6.15pm-7.15pm	Aqua Jog	Main Pool
6.15pm-7pm	BodyCombat	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8.15pm	Aqua Aerobics	Learner Pool
7.15pm-8.45pm	Yoga	Studio

Wednesday

		Location
9.15am-10am	BodyTone	Studio
10.30am-11.15am	Indoor Cycling	Indoor Cycling Studio
11.30am-12.15pm	Zumba	Studio
11.30am-12.15pm	Deep Water Aerobics	Main Pool
12.30pm-1.15pm	Virtual Indoor Cycling	Indoor Cycling Studio
12.30pm-1.15pm	Pilates	Studio
5.15pm-6pm	Aerobics	Studio
6.15pm-7pm	BodyPump	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	HIIT	Studio

Key

 Dance	 Cardiovascular	 Holistic	 Conditioning	 Water Based
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Thursday

		Location
6.45am-7.30am	Indoor Cycling	Indoor Cycling Studio
9.30am-10.15am	Rebound	Sports Hall
9.30am-10.15am	Zumba	Studio
10.30am-11.15am	Yoga	Studio
11.30am-12.30pm	Tai Chi	Studio
12.30pm-1.15pm	Virtual Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	Legs, Bums & Tums	Studio
5.30pm-6.15pm	Rebound	Sports Hall
6.15pm-7pm	Step	Studio
6.30pm-7.15pm	Boxfit	Sports Hall
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8.15pm	Yoga	Studio
8pm-9pm	Aqua Jog	Main Pool

Friday

		Location
8.45am-9.45am	Yoga	Studio
10.30am-11.15am	Indoor Cycling	Indoor Cycling Studio
10.15am-11am	Aqua Aerobics	Main Pool
11.30am-12.15pm	Zumba	Studio
12.30pm-1.15pm	Pilates	Studio
5.15pm-6.15pm	Yoga	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	HIIT	Studio

Saturday

		Location
9am-9.45am	Virtual Indoor Cycling	Indoor Cycling studio
9am-9.45am	BodyCombat	Studio
10am-10.45am	Aerobics	Studio
11am-11.45am	Body Sculpt	Studio
12pm-12.45pm	Indoor Cycling	Indoor Cycling Studio

Sunday

		Location
9am-9.45am	Rebound	Sports Hall
9am-9.45am	BodyTone	Studio
10am-10.45am	Abs Blast	Studio
11.15am-12pm	Indoor Cycling	Indoor Cycling Studio

Monday

		Location
9am-9.45am	Aqua Aerobics	Main Pool
9.30am-10.15am	Zumba	Studio
10am-10.45am	Aqua Aerobics	Main Pool
10.30am-11.15am	Legs, Bums and Tums	Studio
11.30am-12.30am	Yoga	Studio
12.30pm-1.15pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	BodyCombat	Studio
5.30pm-6.15pm	Boot Camp	Sports Hall
6.15pm-7pm	BodyTone	Studio
6.30pm-7.15pm	Rebound	Sports Hall
7.15pm-8.15pm	Aqua Aerobics	Main Pool
7.15pm-8pm	Pilates	Studio
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
8.15pm-9pm	Indoor Cycling	Indoor Cycling Studio

Tuesday

		Location
6.45am-7.30am	Indoor Cycling	Indoor Cycling Studio
9.30am-10.15am	BodyBalance	Studio
10.30am-11.15am	Zumba	Studio
11.30am-12.15pm	Kettlebells	Studio
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5.15pm-6pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	P90	Studio
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6.15pm-7pm	BodyCombat	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8.15pm	Aqua Aerobics	Learner Pool
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6.30pm-7.15pm	Boxfit	Sports Hall
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8.15pm	Yoga	Studio
8pm-9pm	Aqua Jog	Main Pool

Friday

		Location
8.45am-9.45am	Yoga	Studio
10.30am-11.15am	Indoor Cycling	Indoor Cycling Studio
10.15am-11am	Aqua Aerobics	Main Pool
11.30am-12.15pm	Zumba	Studio
12.30pm-1.15pm	Pilates	Studio
5.15pm-6.15pm	Yoga	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	HIIT	Studio

Saturday

		Location
9am-9.45am	Virtual Indoor Cycling	Indoor Cycling studio
9am-9.45am	BodyCombat	Studio
10am-10.45am	Aerobics	Studio
11am-11.45am	Body Sculpt	Studio
12pm-12.45pm	Indoor Cycling	Indoor Cycling Studio

Sunday

		Location
9am-9.45am	Rebound	Sports Hall
9am-9.45am	BodyTone	Studio
10am-10.45am	Abs Blast	Studio
11.15am-12pm	Indoor Cycling	Indoor Cycling Studio

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