



# Hereford Leisure Pool

## TIME

## CLASS

## INSTRUCTOR

### Monday

7.00am – 8.00am  
 12.10pm – 1.00pm  
 6.00pm – 7.00pm  
 7.00pm – 8.00pm  
 7.15pm – 8.15pm  
 8.00pm – 9.00pm

Boxercise  
 Low Aqua Aerobics  
 Fitball  
 Aqua Aerobics  
 BoxFit  
 Deep Water Aqua Aerobics

Lorraine Cross  
 Sarah Kent  
 Fitness Instructor  
 Sarah Kent  
 Gareth Bennett/Owen Jenkins  
 Karen Millington

### Tuesday

8.00am – 9.00am  
 12.10pm – 1.00pm  
 6.00pm – 7.00pm  
 7.00pm – 8.00pm  
 7.15pm – 8.15pm  
 8.00pm – 9.00pm

Aqua Aerobics  
 Aqua Aerobics  
 Circuits  
 Aqua Aerobics  
 BoxFit  
 Aqua Bums & Tums

Lorraine Cross  
 Jade Garrett  
 Gareth Bennett/Owen Jenkins  
 Lorraine Cross  
 Gareth Bennett/Owen Jenkins  
 Lorraine Cross

### Wednesday

12.10pm – 1.00pm  
 12.30pm – 1.30pm  
 4.30pm – 5.30pm  
 7.00pm – 8.00pm  
 8.00pm – 9.00pm  
 8.00pm – 8.30pm

Aqua Aerobics  
 Fitball  
 Youth Session  
 Aqua Aerobics  
 Deep Water Aqua  
 Aqua Pre-natal

Jade Garrett  
 Jackie McMillan  
 Fitness Instructor  
 Karen Millington  
 Karen Millington  
 Lorraine Cross

### Thursday

7.45am – 8.30am  
 9.30am – 10.20am  
 10.30am – 11.00am  
 12.10pm – 1.00pm  
 7.00pm – 8.00pm  
 8.00pm – 9.00pm

Body Blitz  
 Low Aqua Aerobics  
 Aqua Post-natal  
 Aqua Aerobics  
 Aqua Aerobics  
 Deep Water Aqua

Meriel Yearnshire  
 Sarah Kent  
 Sarah Kent  
 Jade Garrett  
 Sarah Daw  
 Sarah Daw

### Friday

6.45am – 7.40am  
 7.45am – 8.30am  
 8.00am – 9.00am  
 12.30pm – 1.30pm  
 4.30pm – 5.30pm  
 6.00pm – 7.00pm  
 7.00pm – 8.00pm

Boxercise  
 Pilates  
 Low Aqua Aerobics  
 Total Tone 50+  
 Youth Session  
 Fitball  
 Aqua Aerobics

Lorraine Cross  
 Meriel Yearnshire  
 Lorraine Cross  
 Ginny Cooper/Gareth Bennett  
 Fitness Instructor  
 Jo Smith  
 Lorraine Cross

### Sunday

9.00am – 10.00am  
 3.00pm – 4.00pm

Aqua Aerobics  
 Youth Session

Lorraine Cross  
 Fitness Instructor

Please note: Pool classes, 9.00am - 4.00pm, take place during term times only.