

Staff Health and Well Being Timetable

Session	Day	Venue	Time		Cost
Circuit Training	Monday	Gym in Jubilee House	5.15 – 6.15 pm 6.15 – 7.15 pm		£3 per session
Running Club	Monday	Meet at back entrance to the centre	5.30 pm		No charge
Netball	Tuesday	Archbishop Beck tennis centre	6 – 7.30 pm		£2.50 per session
Weight Management 12 week course	Tuesday	Gym in Jubilee House	5.30 – 6.30 pm 6.30 – 7.30 pm		£50 for 10 weeks, next cohort starts September 2012
Zumba	Wednesday	Gym in Jubilee House	5.15 – 6.15 pm		£3.00
Pilates	Thursday	Gym in Jubilee House	5.15 – 6.15 pm and 6.15 – 7.15 pm		£3 per session
Lunch Time Fitness Sessions	Monday Wednesday and Friday	Cherrytree House	12.30 -1.00 pm		£1 per session