

Aireborough Leisure Centre, The Green, Guiseley LS20 9BT tel: 01943 877131
Fitness Programme & Gym opening times

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodyline Suite#	8.30am – 9.30pm	7.30am – 9.30pm	8.30am – 9.30pm	7.30am – 9.30pm	8.30am – 9.30pm	8am – 6pm	8am – 8.00pm
Active Life	9.15am – 10.15am 10.15am – 11.15am 11.15am – 12.15pm (Gym)		10am – 11am 11am – 12noon (Aerobics)	11am – 12noon (Gym)	10am – 12noon (aerobics/toning)		
Aerobics		7.30pm – 8.30pm		10am – 11am+ (term time only)			10am – 11am
Aqua-aerobics	2pm- 2.45pm (term time only)		6pm – 6.45pm	8pm – 8.45pm (Chippindale pool Otley)			
Aqua-Natal	11.30am – 12noon (term time only)						
Boxercise circuit				6.15pm – 7.15pm			
Chairmobility			11.30am – 12.30pm				
Circuit training		8.30pm – 9.30pm	7.30pm – 8.30pm	7.15pm – 8.15pm			
Fitball		6.30pm – 7.30pm					
Heart watch (GP Referral only)		1pm – 2pm		9.30am – 10.30am 10.30am – 11.30am			
Ladies weights	7pm – 8pm 8pm – 9pm		7.30pm – 8.30pm				
Pilates		1pm – 2.30pm 5pm – 6pm 6pm – 7pm		9.30am – 10.30am 10.30am – 12noon			
Step & Tone			6.30pm – 7.30pm	11am – 12noon (term time only)			
10%ers (weight loss programme)	9.15am – 10.45am						
Yoga		7.30pm – 9pm Power Yoga	9.30am – 10.45am				

Junior Sessions

Junior Circuits				3.45pm – 4.30pm (8 – 12 years)			
Junior Bodyline course (12 – 15 years) Book at reception	3.30pm – 4.30pm 4.30pm – 5.30pm	3.30pm – 4.30pm 4.30pm – 5.30pm	4.30pm – 5.30pm	3.30pm – 4.30pm 4.30pm- 5.30pm	3.30pm – 4.30pm 4.30pm – 5.30pm		
Junior Bodyline Open sessions #						1pm – 2pm (12 – 15 years)	1pm – 2pm (12 – 15 years)

Creche

Creche Bookable 7 days in advance	9.15am – 10.45am 10.45am – 12.15pm	9.15am – 10.30am 10.30am – 11.45am	9.15am – 11am	9.30am – 11am 11am – 12.15pm			
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#All new customers to the Bodyline gym are required to attend a pre-bookable induction session before training.
 Junior Bodyline courses are the only exception as the course includes an induction on week 1
 Extended junior programme during school holidays.....see School Holiday Programme