



SPORTS AND FITNESS

Why not make it your New Year resolution to join an exercise class? If you attend regularly you should be able to improve your fitness, reduce stress and give your energy level a boost.

COURSE TITLE	LOCATION	DAY	TIME	NO WKS	START DATE	COURSE COST	COURSE CODE
Aerobics - Mixed Ability	Loughborough Shelthorpe Community School	Mon	19:15 - 20:15	15	22/02/2010	£52.50	LB083D060P
Aerobics - Mixed Ability	Shepshed Hind Leys Community College	Wed	19:00 - 20:00	15	03/02/2010	£52.50	KG083C102P
Aeropilates	Birstall Longslade Community College	Wed	09:45 - 11:00	10	24/02/2010	£43.75	L0083D591P
Aeropilates	Mountsorrel Library	Thu	10:30 - 11:45	12	28/01/2010	£52.50	QR083C512P
Aeropilates	Thurmaston Roundhill Community College	Wed	09:45 - 11:00	10	24/02/2010	£43.75	R0083D484P
Aerotone - Mixed Ability	Kegworth Community Centre	Mon	18:45 - 20:15	15	22/02/2010	£78.75	KG083D103P
Ballet - Beginners	Enderby Brockington Community College	Tue	19:00 - 20:00	10	12/01/2010	£35.00	BR083C473P
Ballet - Intermediate	Enderby Brockington Community College	Tue	20:00 - 21:00	10	12/01/2010	£35.00	BR083C474P
Circuit Training	Birstall Longslade Community College	Mon	18:30 - 19:30	15	01/02/2010	£52.50	L0083C590P
Fitness and Circuit Training for Men and Women	Stoke Golding St Martin's Catholic School	Mon	19:00 - 20:00	15	01/02/2010	£52.50	JC083C112P
Indoor Football Coaching and 5-a-side	Stoke Golding St Martin's Catholic School	Mon	20:00 - 21:00	15	01/02/2010	£52.50	JC083C374P
Keep Fit for the Over 50s	Wigston Methodist Church	Thu	10:00 - 11:00	15	04/02/2010	£52.50	PA083C041P
Pilates - Mixed Ability	Blaby Scout HQ	Wed	13:30 - 14:30	15	03/02/2010	£52.50	C0083C536P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	09:00 - 10:00	15	28/01/2010	£52.50	BT083C344P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	10:05 - 11:05	15	28/01/2010	£52.50	BT083C345P
Pilates - Mixed Ability	Bottesford Community Centre	Wed	19:45 - 20:45	15	27/01/2010	£52.50	BT083C471P
Pilates - Mixed Ability	Braunstone Winstanley Community College	Wed	18:30 - 19:45	15	03/02/2010	£65.63	BR083C397P
Pilates - Mixed Ability	Braunstone Winstanley Community College	Wed	19:45 - 21:00	15	03/02/2010	£65.63	BR083C379P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	18:00 - 19:00	15	26/01/2010	£52.50	C0083C341P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	19:00 - 20:00	15	26/01/2010	£52.50	C0083C122P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	20:00 - 21:00	15	26/01/2010	£52.50	C0083C509P
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	09:30 - 10:30	15	28/01/2010	£52.50	HU083C338P
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	10:45 - 11:45	15	28/01/2010	£52.50	HU083C339P
Pilates - Mixed Ability	Hugglescote Primary School	Mon	17:45 - 18:45	15	01/02/2010	£52.50	HU083C334P
Pilates - Mixed Ability	Hugglescote Primary School	Mon	19:00 - 20:00	15	01/02/2010	£52.50	HU083C335P
Pilates - Mixed Ability	Hugglescote Primary School	Mon	20:15 - 21:15	15	01/02/2010	£52.50	HU083C336P
Pilates - Mixed Ability	Melton Gloucester House	Thu	13:30 - 14:30	15	04/02/2010	£52.50	MT083C047P
Pilates - Mixed Ability	Melton Venture House	Tue	11:00 - 12:00	15	02/02/2010	£52.50	MT083C048P
Pilates - Mixed Ability	Oadby St Pauls Church	Tue	10:00 - 11:00	15	26/01/2010	£52.50	BE083C104P
Pilates - Mixed Ability	Wigston Guthlaxton Community College	Tue	19:30 - 20:30	15	02/02/2010	£52.50	PA083C042P
Pilates - Mixed Ability	Wymeswold Memorial Hall	Tue	13:30 - 14:30	15	02/02/2010	£52.50	MT083C307P
Pilates and Relaxation	Kegworth Community Centre	Wed	18:30 - 20:00	15	03/02/2010	£78.75	KG083D109P
Pilates Based Body Conditioning - Mixed Ability	Groby Community College	Tue	18:30 - 19:30	15	26/01/2010	£52.50	GR083C456P
Pilates Based Body Conditioning - Mixed Ability	Groby Community College	Tue	19:45 - 21:00	15	26/01/2010	£65.63	GR083C073P
Pilates Based Body Conditioning - Mixed Ability	Groby Village Hall	Wed	13:45 - 15:00	15	03/02/2010	£65.63	GR083C354P
Pilates Based Body Conditioning - Mixed Ability	Loughborough Shelthorpe Community School	Thu	19:15 - 20:15	15	04/02/2010	£52.50	LB083C472P
Pilates for Relaxation - Mixed Ability	Birstall Longslade Community College	Wed	16:30 - 17:45	15	27/01/2010	£65.63	L0083C384P
Salsacise - Mixed Ability	Bottesford Community Centre	Wed	18:30 - 19:30	15	27/01/2010	£52.50	BT083C453P
Tai Chi - Beginners	Birstall Longslade Community College	Thu	19:30 - 20:45	12	28/01/2010	£52.50	L0083C589P
Tai Chi - Beginners	Groby Community College	Mon	20:00 - 21:00	12	11/01/2010	£42.00	GR083C510P
Tai Chi - Beginners	Kirby Muxloe Village Hall	Wed	10:30 - 11:45	12	13/01/2010	£52.50	GR083C074P
Tai Chi - Beginners	Mountsorrel Library	Fri	11:00 - 12:15	12	15/01/2010	£52.50	QR083C461P
Tai Chi - Beginners	Whetstone Memorial Hall	Tue	13:30 - 14:45	12	26/01/2010	£52.50	C0083C552P
Tap Dancing - Mixed Level	Huncote Leisure Centre The Pavillion	Mon	19:00 - 21:00	10	11/01/2010	£70.00	BR083C010P
Yoga - Hatha	Birstall Longslade Community College	Mon	19:00 - 20:30	8	25/01/2010	£42.00	L0083C588P
Yoga - Hatha	Blaby Scout HQ	Tue	10:00 - 11:30	15	26/01/2010	£78.75	C0083C124P
Yoga - Hatha	Blaby Scout HQ	Tue	19:00 - 20:30	15	26/01/2010	£78.75	C0083C125P
Yoga - Hatha	Blaby Scout HQ	Wed	10:00 - 11:30	15	27/01/2010	£78.75	C0083C126P
Yoga - Hatha	Blaby Scout HQ	Thu	10:00 - 11:30	15	28/01/2010	£78.75	C0083C589P
Yoga - Hatha	Groby Village Hall	Thu	13:15 - 14:45	8	28/01/2010	£42.00	GR083C509P
Yoga - Mixed Ability	Bottesford Community Centre	Mon	13:15 - 14:45	15	01/02/2010	£78.75	BT083C084P
Yoga - Mixed Ability	Castle Donington Community College	Tue	09:30 - 11:00	11	05/01/2010	£57.75	KG083C107P

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Yoga - Mixed Ability	Enderby Brockington Community College	Thu	19:30 - 21:00	15	04/02/2010	£78.75	BR083C104P
Yoga - Mixed Ability	Melton Library	Wed	19:45 - 21:15	15	27/01/2010	£78.75	MT083C051P
Yoga - Mixed Ability	Mkt Harborough Welland Park Community College	Tue	11:00 - 12:30	15	26/01/2010	£78.75	WP083C203P
Yoga - Mixed Ability	Shepshed Hind Leys Community College	Wed	19:30 - 21:00	15	27/01/2010	£78.75	KG083C110P
Yoga and Relaxation	Groby Community College	Tue	17:45 - 19:15	15	02/02/2010	£78.75	GR083C080P
Yoga and Relaxation	Kegworth Community Centre	Fri	09:30 - 11:30	15	29/01/2010	£105.00	KG083C112P
Yoga and Relaxation	Thurmaston Roundhill Community College	Fri	09:45 - 11:15	15	29/01/2010	£78.75	R0083C373P
Yoga for Fitness	Birstall Longslade Community College	Mon	19:45 - 20:45	15	01/02/2010	£52.50	L0083C108P