



Below is a sample of the fantastic classes available at Writhlington Sports Centre.

- Aerobics
- Fitness Yoga
- Circuit Training
- Salsa Aerobics
- Body Tone
- Boxacise
- Zumba Dance
- Zumba Toning
- Core Stability
- Ab Attack
- Bums, Tums and Thighs
- Pilates

- Total Body Workout

Non members are welcome.

Downloads

[Workout Programme](#)