

The logo for 'zest' is written in a white, lowercase, sans-serif font. The letter 'z' is stylized with a white silhouette of a person jumping or running, integrated into the top of the letter.

CLASS TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT
9.30	AQUA	AQUA	AQUA	AQUA	CIRCUIT	PICK & MIX
10.30	BLT	BARBELL BLITZ	KETTLE BELLS	PICK & MIX	PILATES	
17.00		TEEN FIT		TEEN FIT		
18.00	KETTLE BELLS	SPIN	BOX FIT	BARBELL BLITZ	SPIN	
19.00	AQUA					

Aqua - Aqua Aerobics, low impact, fun, pool exercise for all ages.

Spin - Indoor cycle to the music, challenging fun workout.

BoxFit - Exercise session with elements of boxing.

Pilates - Wellbeing based workout, for any fitness level and age, great for rehabilitation.

KB - Weight and endurance class.

Pick & Mix - Surprise training.

Barbel Blitz - Free weights, endurance whole body workout, great intro to gym bases exercises.

BLT - Workout targeting bums, legs and tums.

Circuit - Station based exercise helping develop all-round fitness.