

Prices and Conditions

	Adult	Junior / Concessionary
Non Member	£3.70	£2.80
Member	£2.90	£2.30
WMNT	£1.85	£1.40

- ▶ Customers who choose to join the Acorn Centre will benefit from a reduction in class rate
- ▶ Member bookings are accepted up to 3 weeks in advance, non members can only book 1 week in advance.
- ▶ Payments should be made via cash or cheque prior to participation (Cheques made payable to "Acklam Grange School")
- All classes are initially designed for beginner to intermediate ability levels
- Non-marking soles are to be worn in the fitness suite
- Pricing and programming may change from time to time



Contact Information

Acorn Centre
Acklam Grange School
Off Heythrop Drive
Acklam
Middlesbrough
TS5 8PB

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www.theacorncentre.co.uk



ACKLAM GRANGE
ACORN
CENTRE

Lifestyle Program Fitness Classes



August 2009



Supported by



West Middlesbrough Neighbourhood Trust

Class Time Table

Monday	Bums & Tums With Dawn 6.00—6.55pm	
Tuesday		Body Sculpt With Louise 7.15—8.15pm
Wednesday	Pilates With Dawn 6.00—7.00pm	Aerotone With Dawn 7.00—7.55pm
Thursday	Body Sculpt With Louise 6.00—6.55pm	Legs, Bums & Tums With Dawn 7.00—7.55pm
Friday	Pilates With Dawn 6.00—7.00pm	
Saturday		
Sunday	Step & Tone With Dawn 10.00—11.00am	

Class Description

Bums & Tums | Legs Bums & Tums

A low impact toning class concentrating on those problem areas!!! Firming and lifting those buttocks, slimming down thighs and hips to enhance the middle area...

Body Sculpt

An all round toning, strength and endurance class assigned to get you muscles working and looking great...

Pilates

A combination of physique and meditative strength disciplines, working muscles such as the lower back and abdominals...

Aerotone

A classic workout mixing music with choreographed exercise. Especially good for fat burning and improving cardiovascular fitness...

Step & Tone

A fun exercise to music class, based on the use of step and toning exercises. This class increases fitness levels whilst burning fat and helping to develop a firmer body...