

ise active timetable 2012

for ise active living & seniors members

time	mon	tues	wed	thurs	fri
9.30 - 10.15am	coreball		aerobics class		gym
10.00 - 11.00am		aquanastics 10.15-11.00		yoga	
10.30 - 11.30am	phase iv circuit	senior circuits	phase iv circuit		
11.00 - 12.00pm		aquanastics 11.15-12.00		yoga 11.10 -12.10	active abc
				aquanastics 11.00 -11.45	
2.00 - 3.00pm			circuits		
3.00 - 4.00pm	diabetes exercise	phase iv/ diabetes circuit			
6.45 - 7.45pm		phase iv circuit			

bookings and cancellation

- please check in at **ise** & swimming pool reception before each session
- if you pre-book and cannot attend please call us and cancel your booking. you can leave your name and class you wish to cancel on the reception telephone 01382 384122

pt @ ise

did you know we have instructors who can offer you one-to-one sessions at **ise**...

pt @ the pool

(if you would like to learn to swim or improve your technique)

pt @ the gym

(if you would like help to stay motivated and reach your goals)

memberships available

gym+ • gym & swim • gym • sport • aqua

active living exercise membership

(phase IV, diabetes, GP referral)

from as little as £6.90 per month, £75 per year
great seniors deals if you are aged 60 years plus

look out for **ise** events throughout 2012...

ise golf event, charity walk, talks and much more!

hazel ednie • active living programme manager
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reception (booking & enquiries) • 01382 384122
swimming pool • 01382 384123

for current information visit:

www.dundee.ac.uk/ise



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