

HEALTH & WELLBEING TIMETABLE

MONDAY

OPEN GYM

🕒 10:00 - 17:00
📍 Foundation Gym



BOX & TONE

🕒 17:15 - 18:30
📍 Foundation Gym



TUESDAY

OPEN GYM

🕒 10:00 - 18:00
📍 Foundation Gym



WEDNESDAY

FOUNDATION FIT

🕒 13:00 - 13:45
📍 Foundation Gym



YOGA

🕒 14:00 - 15:00
📍 Health Hub



OPEN GYM

🕒 10:00 - 17:00
📍 Foundation Gym



THURSDAY

OPEN GYM

🕒 10:00 - 18:00
📍 Foundation Gym



FRIDAY

5K FRIDAY

🕒 10:00 - 11:00
📍 Foundation Gym



OPEN GYM

🕒 10:00 - 17:00
📍 Foundation Gym



SESSION BREAKDOWN

BOX & TONE



Want to feel stronger but don't know where to start? This is the perfect class to learn technique, skill and to feel empowered whilst getting a sweat on.

OPEN GYM



Open to all, Open Gym is manned by the Health and Wellbeing Coaches and allows for clients to go through their exercise programmes, chat to the Coaches and have programme reviews.

YOGA



A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility and help you to relieve stress, including controlled bodyweight exercises with the aim to connect the mind, body and breath.

FOUNDATION FIT



For all abilities, this class is adaptable to all intensities and includes a variety of exercises that target the whole body using a combination of cardio and resistance training.

5K FRIDAY



Start your day right and walk, jog, run or race your way to a full 5K around the Shrewsbury Town Football Stadium with our Health and Wellbeing Coaches.

