

# WOMEN ONLY

## FITNESS SESSIONS

### PHOENIX FITNESS CENTRE & JANET ADEGOKE SWIMMING POOL

Join us at Phoenix Fitness Centre for a range of Women Only Activities. We bring an element of fun and socialising to our sessions and deliver a full programme of 9 activities per week.

All sessions are drop-in classes and you do not need to book. Members and Non-members are welcome.

SESSION	DAY	TIME
Total Body Conditioning (W)	Monday	6:30 - 7:25pm
Zumba (W)	Thursday	6:30 - 7:25pm
Basketball (W)	Thursday	7:30 – 9:30pm
Swim For Women (over 16)	Friday	8:00 - 9:00pm
Women Taekwondo	Friday	8:00 - 9:00pm
Gym (W)	Saturday	4:00 - 6:00pm
Women Only family swim	Saturday	4:00 - 5:00pm
Swim For Women (over 16)	Saturday	5:00 - 6:00pm
Water Workout (W)	Saturday	5:15 - 6:00pm

#### Swim Safely

Your safety is our priority when swimming with us.

- Children under 8 must be actively supervised at all times both in the pool and around the centre.
- 1 adult must accompany no more than 2 children in the pool at a time.
- Appropriate swimwear must be worn that is fit for purpose. No underwear or loose clothing should be worn.

#### Information

*In the event of an emergency or shortage of female lifeguards, male staff may need to be present on poolside. If male lifeguards are on duty you will be informed at reception.*

*Male staff will need to enter the changing village 30 minutes after the women only sessions have ended.*

*Male members may access the fitness studio 5 minutes after women only fitness sessions have ended.*

#### Phoenix Fitness Centre & Janet Adegoke Swimming Pool

Bloemfontein Road,  
Shepherd's Bush,  
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