

## News & Information

We have said goodbye to Duty Manager Marie, with Kerri now filling her position. We have welcomed Hayley to our reception team.

We have also said goodbye to Bar Supervisor Adam, and have welcomed our new Bar Supervisor Mark and new Bar Assistant Laura to the Spinnakers Team.

We are now taking bookings for our Christmas menu, available throughout December. £25 per head for a 3 course meal, Children under 14yrs £15 per head for a 2 course meal. Menu available at reception or Spinnakers, booking is essential. Please speak to a member of Spinnakers staff for more details.

On a trial basis the Social Guest fee has been removed.

## Aerobic Class Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sunday Soup</b> 11.15am-12.00pm With Angela	<b>Mix And Match</b> 10.00am - 11.00am With Michelle	<b>Freestyle Yoga</b> 10.00am-11.00am With Michelle	<b>Pilates</b> 8.30am-9.30am With Nicola	<b>Zumba</b> 9.30am-10.30am With Emily	<b>Power Yoga</b> 10.00am-11.00am With Paul	<b>Gentle Spin Cycle</b> 10.00am- 10.45am With Angela
<b>Sunday Service</b> 6.00pm-8.00pm With Zena	<b>Fit Ball</b> 6.00pm-7.00pm With Amy	<b>Squash Bucklers</b> 6.00pm-8.00pm With Zena	<b>Better Bottoms</b> 9.45am-10.45am With Jenni	<b>Spin Cycle</b> 6.15pm-7.00pm With Angela	<b>Salsa Dance</b> 7.00pm-8.00pm £3 per person per lesson	<b>Super Noodle</b> 11.00am-11.45am With Angela
	<b>Kick Start</b> 7.00pm-7.45pm With Dan/Lucy	<b>Fantastic 4</b> 6.15pm-7.15pm With Dan	<b>Aqualicious</b> 11.00am-11.45am With Pat	<b>Squash Bucklers</b> 6.30pm-8.30pm With Zena/Cliff		<b>Sports Circuits</b> 11.00am-12.00pm With Dan
	<b>Tums And Bums</b> 7.15pm-8.15pm With Pat	<b>BMX Bandits</b> 7.30pm-8.15pm With Amy	<b>Taoist Yoga</b> 7.30pm-8.30pm With Paul	<b>Nip &amp; Tuck</b> 7.00pm-7.45pm With Angela		
	<b>Power Yoga</b> 8.30pm-9.30pm With Paul	<b>Burnout</b> 8.15pm-9.15pm With Amy	<b>Tai Chi</b> 8.30pm-9.30pm With Paul	<b>Noodle Soup</b> 8.00pm-8.45pm With Angela		
	<b>Fantasy Football</b> 9.00pm-10.00pm With Tim		<b>Boot Camp</b> 8.00pm-9.00pm With SGT Lucy			

Waterfront Leisure. 173 Pier Road, Gillingham, Kent, ME7 1UB.

Website: [www.waterfrontleisure.co.uk](http://www.waterfrontleisure.co.uk)

Enquiries: Tel: 01634 280033 enquiries@waterfrontleisure.co.uk



# SALSA LESSONS

Every Friday 7pm-8pm

In Spinnakers Bar

£3 per pseron

## Christmas Opening Hours

Friday 24th December	7am-3pm
Saturday 25th December	CLOSED
Sunday 26th December	CLOSED
Monday 27th December	8am-10pm
Tuesday 28th December	8am-10pm
Wednesday 29th December	7am-11pm
Thursday 30th December	7am-11pm
Friday 31st December	7am-3pm
Saturday 1st January	CLOSED
Sunday 2nd January	8am-10pm
Monday 3rd January	8am-10pm

Last entry is one hour before closing. Normal hours will resume from Tuesday 4th January 2011.

# Zumba

THURSDAYS 9.30AM-10.30AM  
WITH EMILY

THE LATIN INSPIRED EASY TO FOLLOW CALORIE BURNING FITNESS PARTY. THE RHYTHMS INCLUDE SAMBA, SALSA, CUMBIA, MERENGUE BELLYDANCE, FLAMENCO REGGAETON, ETC. THE MOST FUN YOU WILL EVER HAVE IN A WORKOUT!



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