



Ivybridge Community Sport

Fitness Classes

The Ivybridge Community Sport Department are running inclusive exercise classes that aim to build the participants' strength, stamina and overall fitness levels. All abilities are welcome. These sessions will be run by our Level 2 Gym Instructor Lianne, who will make the sessions fun and engaging.

Classes:

Monday: 6.00 - 6.45pm Whole-Body Circuits

Completing exercises with interval training that increases strength of the whole body and helps with weight loss and toning.
(Included in membership)

Wednesday: 6.00 - 6.45pm Legs, Bums and Tums

Aerobic style class that increases strength of the legs, glutes and core helping with weight loss and toning.
(Included in membership)

Wednesday: 6.50 - 7.20pm Stretch and Mobility

Increases flexibility, reduces injury and is great for mindfulness.
(Included in membership)

Thursday: 5.15 - 6.00pm Spin Session

Exercise made fun with music and our brand new bikes helping with weight loss and cardio endurance.
(Not included in membership)

Prices:

- £3.50 per class
- £2.00 per class for Staff Members (members of staff at Ivybridge Community College, WeST or Devon Norse)

Monthly Membership:

All monthly memberships come with unlimited classes and use of our gyms, excluding Thursday's Spin Session

- £20.00 Standard Membership
- £15.00 Student Membership
- £32.50 Joint Membership

How to sign up:

1. Email comsport@ivybridge.devon.sch.uk or call 01752 698315 to book in or for more information
2. Arrive 10 minutes before your first session to complete membership and Par-Q forms
3. Please note, we only accept card (not Apple Pay or cash)

