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<th>Time</th>
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<td>5:15pm - 6:00</td>
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<td>10am - 10:45</td>
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**Key**
- **Low Intensity Classes**
  - For ages 11 years+
- **Medium Intensity Classes**
  - For ages 13 years+
- **High Intensity Classes**
  - For ages 16 years+
- **Private Sessions**

**Active Plus member, did you know?**
You can upgrade your membership to Active Premium and take advantage of Pool Sessions across all centres.

**Simply call 0161 207 7000 or visit us in centre to upgrade.**

Please note that sessions may be subject to change as notified within centre and on our website at www.oclactive.co.uk.
Exercise Class Categories

Our Exercise Classes are categorised by low, medium and high intensity to make it easier for you to choose the right class for your age and ability.

**Low Intensity**
Low intensity classes are suitable for total beginners and those wanting to workout at a gentler pace. 11 years +
- Abs Blast
- Aerobics
- Aquacise
- Aqua Zumba
- Aquajog
- Dance Aerobics
- Fitness Pilates
- Line Dancing
- Nordic Walking
- Pilates
- Spin
- Step Aerobics
- Tai Chi
- Yoga
- Zumba

**Medium Intensity**
Medium intensity classes start to add in some weights and impact exercises and are ideal for those wanting to push themselves a little further. 13 years +
- Body Tone
- Bootcamp
- Cardio Tone
- Circuit
- Easy Does It
- Fitball
- Legs, Bums & Tums
- Running Club

**High Intensity**
High intensity classes are perfect for those wanting to push themselves to the extreme. 16 years +
- Boxer Circuit
- Extreme Circuit
- Les Mills Bodypump
- Les Mills Grit
- HIIT

Oldham Leisure Centre
Spin Class Programme