

		Class Information	Other Comments
Dec-11			
Thursday	1	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre with Rachel	
Friday	2	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	3		
Sunday	4		
Monday	5	6pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	6	9.30am Running (Easy Intermediate): Lakes Home Centre with Rachel 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	7	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth - Try the class for £3	
Thursday	8	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre with Rachel	
Friday	9	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	10		
Sunday	11		
Monday	12	6pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	13	9.30am Running (Easy Intermediate): Lakes Home Centre with Rachel 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	14	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth - Try the class for £3	
Thursday	15	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre with Rachel	
Friday (End of Term)	16	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	17	No classes or PT... keep on moving...	
Sunday	18	No classes or PT... keep on moving...	
Monday	19	No classes or PT... keep on moving...	
Tuesday	20	No classes or PT... keep on moving...	
Wednesday	21	No classes or PT... keep on moving...	
Thursday	22	No classes or PT... keep on moving...	
Friday	23	No classes or PT... keep on moving...	
Saturday	24	Merry Christmas!	
Sunday	25	Pica Boxing Day Race - TBC	
Monday	26	No classes or PT... keep on moving...	
Tuesday	27	No classes or PT... keep on moving...	
Wednesday	28	No classes or PT... keep on moving...	
Thursday	29	No classes or PT... keep on moving...	
Friday	30	No classes or PT... keep on moving...	
Saturday	31	No classes or PT... keep on moving...	

		Class Information	Other Comments
Jan-12			
Sunday	1	No classes or PT... keep on moving...	
Monday	2	No classes or PT... keep on moving... (Bank Holiday)	
Tuesday	3	No classes or PT... keep on moving...	
Wednesday	4	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	5	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	6	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	7		XC Keswick
Sunday	8		
Monday	9	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	10	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	11	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	12	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	13	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	14	England Athletics Half Day Training - Flexibility, with Sam Ayers	
Sunday	15		
Monday	16	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	17	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	18	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	19	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	20	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	21		
Sunday	22		
Monday	23	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	24	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	25	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	26	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	27	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	28		
Sunday	29		
Monday	30	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	31	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	

		Class Information	Other Comments
Feb-12			
Wednesday	1	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	2	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	3	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	4		
Sunday	5		
Monday	6	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	7	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	8	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	9	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre 9.10am Core Stability, Methodist Hall, Cockermouth	
Friday	10	10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	11		XC Thorncliff, Barrow in Furness
Sunday	12		
Monday	13	6.15pm Running (All abilities welcome): Lakes Home Centre: £4.30 pay as you go for all One class only - note 6.30pm start time	
Tuesday	14	9.30am Running (Easy Intermediate): No Class 4.30pm Older Adult Circuit: Methodist Hall £5.00 pay as you go for all TBC 5.50pm Core Stability Methodist Hall £5.50 pay as you go for all TBC	
Wednesday	15	9.30am Core Stability, Methodist Hall, Cockermouth: No Class 10.45am Skip Hop, Methodist Hall, Cockermouth: No Class	
Thursday	16	6pm Muster Run (All abilities): Lakes Home Centre: £4.30 pay as you go for all 7.10pm Running (Easy Intermediate) No Class	
Friday	17	9.10am Core Stability, Methodist Hall, Cockermouth: £5.50 pay as you go for all TBC 10.30am Older Adult Circuit, Methodist Hall, Cockermouth £4 pay as you go for all TBC	
Saturday	18		
Sunday	19		
Monday	20	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	21	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	22	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	23	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre 9.10am Core Stability, Methodist Hall, Cockermouth	
Friday	24	10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	25		
Sunday	26		
Monday	27	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	28	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	29	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	

		Class Information	Other Comments
Mar-12			
Thursday	1	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	2	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	3	England Athletics Half Day Training - with Sam Ayers	
Sunday	4		
Monday	5	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	6	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	7	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	8	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	9	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	10		CFR Grasmoor 5k, 11.00
Sunday	11		
Monday	12	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	13	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	14	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	15	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	16	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	17		
Sunday	18		Timpell 20
Monday	19	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	20	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	21	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	22	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday	23	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	24	BodyFit Lorton School 10K	BodyFit Lorton School 10K
Sunday	25		
Monday	26	6.15pm Running (Advanced): Lakes Home Centre 7.30pm Running (Intermediate): Lakes Home Centre	
Tuesday	27	9.30am Running (Easy Intermediate): Lakes Home Centre 4.30pm Older Adult Circuit: Methodist Hall 5.50pm Core Stability Methodist Hall	
Wednesday	28	9.30am Core Stability, Methodist Hall, Cockermouth 10.45am Skip Hop, Methodist Hall, Cockermouth	
Thursday	29	6pm Muster Run (All abilities): Lakes Home Centre 7.10pm Running (Easy Intermediate): Lakes Home Centre	
Friday (End of Term)	30	9.10am Core Stability, Methodist Hall, Cockermouth 10.30am Older Adult Circuit, Methodist Hall, Cockermouth	
Saturday	31		Coniston 14

		Class Information	Other Comments
Apr-12			
Sunday	1		
Monday	2	6.15pm Running (All abilities welcome): Lakes Home Centre: £4.30 pay as you go for all TBC	
		9.30am Running (Easy Intermediate): No Class	
		4.30pm Older Adult Circuit: Methodist Hall £5.00 pay as you go for all TBC	
Tuesday	3	5.50pm Core Stability Methodist Hall £5.50 pay as you go for all TBC	
		9.30am Core Stability, Methodist Hall, Cockermouth: No Class	
Wednesday	4	10.45am Skip Hop, Methodist Hall, Cockermouth: No Class	
		6pm Muster Run (All abilities): Lakes Home Centre: £4.30 pay as you go for all TBC	
Thursday	5	7.10pm Running (Easy Intermediate) No Class	
Friday	6	Good Friday: No Classes	
Saturday	7		
Sunday	8		
Monday	9	Easter Monday: No Classes	
		9.30am Running (Easy Intermediate): No Class	
		4.30pm Older Adult Circuit: Methodist Hall £5.00 pay as you go for all TBC	
Tuesday	10	5.50pm Core Stability Methodist Hall £5.50 pay as you go for all TBC	
		9.30am Core Stability, Methodist Hall, Cockermouth: No Class	
Wednesday	11	10.45am Skip Hop, Methodist Hall, Cockermouth: No Class	
		6pm Muster Run (All abilities): Lakes Home Centre: £4.30 pay as you go for all TBC	
Thursday	12	7.10pm Running (Easy Intermediate) No Class	
		9.10am Core Stability, Methodist Hall, Cockermouth: £5.50 pay as you go for all TBC	
Friday	13	10.30am Older Adult Circuit, Methodist Hall, Cockermouth £4 pay as you go for all TBC	
Saturday	14		
Sunday	15		Lochaber Marathon
Monday	16		
Tuesday	17		
Wednesday	18		
Thursday	19		
Friday	20		
Saturday	21		
Sunday	22		Virgin London Marathon
Monday	23		
Tuesday	24		
Wednesday	25		
Thursday	26		
Friday	27		
Saturday	28		
Sunday	29		
Monday	30		