



SUMMER



MONDAY	
6.00pm – 6.30pm	Spin Blast
6.30pm – 7.15pm	Body Conditioning
TUESDAY	
10.15am – 11.00am	Body Conditioning
6.00pm – 6.45pm	Skip Fit
6.45pm – 7.00pm	Abs Blast
7.30pm – 8.30pm	* Pilates*
WEDNESDAY	
6.00pm – 7.00pm	Running Club
6.15pm – 7.15pm	Bootcamp Circuits
7.30pm – 8.45pm	***Yoga***
THURSDAY	
10.15am – 11.00am	Body Conditioning
6.00pm – 6.30pm	Spin Blast
6.30pm – 7.15pm	Boat Club Pump
7.30pm – 8.30pm	** Pilates**
FRIDAY	
6.00pm – 7.00pm	Circuits
SATURDAY	
9.30am – 10.00am	Spin Blast
10.00am – 10.45am	Swiss Ball
SUNDAY	
11.00am – 12.15pm	***Yoga***

* Pilates/Anti Natal – Tuesday nights – for more info contact Catherine on 07504 333306

**Pilates – Thursday nights – for more info contact Rachel on 07824 997706

***Yoga – Wednesday and Sundays – for more info contact Carla on 07492 698098

All other classes for non members:

30min class £3

45min & 60min class £5

ALL CLASSES MUST BE PRE BOOKED AT RECEPTION UP TO 1 WEEK IN ADVANCE

02890 665012

SPIN BLAST – 30 minute cardiovascular workout, exercise your lungs, build stamina and burn fat

BODY CONDITIONING – (Monday) another very popular class on our timetable, all over body workout which will improve strength and conditioning levels

SKIP FIT – a great class to burn lots of calories, skip fit is a mixture between skipping and weights and is guaranteed to increase your fitness levels

ABS BLAST – 15 minute specific class which target the core muscles with a lot of ab work in a very short space of time

RUNNING CLUB – New class for the summer, meet at front of the club and run the toe-path or embankment, all runners welcome novice to advanced

BOOTCAMP CIRCUITS – midweek circuits class designed to push you to your limits with a whole mix of exercises and equipment

BODY CONDITIONING – (Tuesday & Thursday) a mid-morning class designed to target those legs, bums and tums

BOAT CLUB PUMP – strength and endurance class based around a step and a barbell focusing on low weights and high reps

CIRCUITS – Friday circuits is one of our most popular classes, a mix between weights and cardio with a wide range of exercises that will leave you pumped

SWISSBALL – Saturday morning class using our swissballs that targets the core and will improve balance and posture while conditioning your muscles

