

	Time	Class	Location	Instructor
Monday	7:00 – 7:45	Spinning	Studio	Will/Emily*
	9:00 -10:00	Body Cond.	Studio	Kate
	10:00 – 11:00	Hatha Yoga	Studio	Luos
	11:00 – 11.45	Aqua Fit	Pool	Kate
	11:00 – 12:00	Abs core& more	Studio	Steve
	17:30 - 18:00	Core Blimey	Studio	Duncan
	18:00 – 19:00	Spinning	Studio	Barri
	18:15 – 19:15	Body Combat	See Reception	Sam*
	19:00 – 20:00	Zumba	Studio	Anita
	19:15 – 20:15	Bootcamp Circ.	See Reception	Barri*
20:15 - 21:15	Pilates (Beg)	Studio	Claire*	
Tuesday	7:00 – 7:45	Body Pump Exp	Studio	Vicky
	9:00 – 10:00	Zumba	Studio	Jacqui
	10:00 - 11:00	Pilates	Gym	Claire*
	10:00 – 11:00	Fit-Ball	Studio	Steve
	11:00 – 12:00	Triple Tone	Studio	Emily
	18:15 - 19:15	Body Combat	Studio	Lindsay*
	18:30 - 19:30	Pilates	See reception	Claire
19:15 - 20:15	Body Pump	Studio	Steve	
Wednesday	7:15 – 7:45	Ab Solution	Studio	Fitness Team
	9:30 – 10:30	Dance Fit & Mix	Studio	Kenny
	10:30 – 11:30	Shake & Sculpt	Studio	Emily
	11:30 – 12:30	Pilates	Studio	Claire*
	14:00 – 14:45	Spinning	Studio	Emily*
	18:00 – 19:00	Zumba	Studio	Sarah
	18:00 - 19:00	Pilates (Int)	See reception	Anthea*
	19:15 - 20:15	Circuit Training	Studio	Will*
19:30 – 20:30	Yoga	See reception	Jo	
Thursday	7:00 – 7:45	Combat Exp	Studio	Sam
	9:00 - 10:00	Body Pump	Studio	Steve
	10:00 – 11:00	Aeroblitz	Studio	Lindsay
	11.00 – 12.00	Zumba	Studio	Kenny
	17:30 – 18:00	Ab Solution	Studio	Fitness Team
	18:00 – 19:00	Body Pump	Studio	Steve
	19:00 – 20:00	Spinning	Studio	Steve
	19:00 –19:45	Aqua Aerobic	Pool	Louise
	20:00- 21:00	Stretch & Relax	Wave Room	Louise
	20:00-21:00	Boxercise	Studio	Steve*

	Time	Class	Location	Instructor
Friday	9:15 -10:15	Body Combat	Studio	Tracey
	11:00 - 11:45	Aqua Aerobics	Pool	Kate
	10:15 - 11:15	Pilates Plus	Studio	Emma T
	11:15 – 12:15	Yoga	Studio	Jo
	12:15 – 13:15	Zumba	Studio	Izzy
	17.30 – 18.15	Body Pump Exp	Studio	Steve
	18:15 – 19:15	Spinning	Studio	Steve
Saturday	9:00 - 10:00	Body Pump	Studio	Steve
	10:00 - 11:00	Body Combat	Studio	Sam
	11:00 - 12:00	Stretch & Chill	Studio	Kate
	13:00 – 13:45	Spinning	Studio	Fitness Team
Sunday	9:00 – 9:45	Spin Circuit	Studio	Fitness Team
	10:00 - 11:00	Pads & Abs	Studio	Steve
	13:00 – 13:45	Circuit Training	Studio	Fitness Team
	18.00 – 19.00	Pilates	Studio	Mo

* Denotes New Class/Instructor

If you are unable to make it to a class, please call and let us know as we may be able to call another member who is on the waiting list.

All classes must be booked to reserve your place, up to 6 days in advance
Please notify us if you are unable to attend as soon as possible prior to the class commencing on 01244 408840



Spa Treatments Available

Full Body Massage, Wraps, Facials, Manicures, Pedicures

Members receive 20% discount Monday to Thursday

Class Descriptions

Ab Solution	Total workout for the abdominal muscles and core.
Abs, Core & more	An intense workout involving the muscles in the back, core, stomach and bottom. This class will really help and strengthen all the stability muscles in your core.
Aeroblitz	A workout that will challenge and shape your body. An aerobics class combined with toning with, or without, the use of weights. Suitable for all abilities.
Aqua Fit/Aerobics	An all over body workout in the water that is good for your body and your joints.
Body Combat (Express)	Bodycombat is the empowering cardio workout where you are totally unleashed. An energetic program inspired by martial arts & draws from an array of disciplines.
Body Conditioning	A conditioning class that may include equipment to tone and strengthen.
Body Pump (Express)	Bodypump is the original barbell class that strengthens your entire body. A workout that challenges all your major muscle groups by using the best weight-room exercises.
Bootcamp Circuits	A hardcore circuit training class that will push you to the extremes and really make you work yourself to the max!!
Boxercise	Boxercise follows the methods employed in boxing as closely as possible. It develops skills including hand-eye coordination, balance, timing and technique whilst working all the major muscle groups.
Circuit Training	A mix of hi/low impact cardiovascular stations amongst toning exercises making this an excellent class for all abilities.
Core Blimey	A 30 minute core workout firing the abdominal muscles and the core, using equipment such as stability balls & discs.
Dance Fit & Mix	Fun and lively class with dance routines ranging from Bollywood to Burlesque! For all levels, from beginners to dance divas. This class is all about getting fit and having fun.
Fit-Ball	A class involving stability balls focusing on improving core strength and posture.
Pilates	Improves core strength, posture and flexibility, for all levels of ability. A gentle and effective exercise class that involve movement of the full body. Exercises the mind at the same time as the body.
Pilates Plus....	Traditional pilates performed and adapted with the use of equipment, great for increasing posture, increasing strength and flexibility.
Pads & Abs	Fun and energetic using pads and most definitely working your abs.
Shake & Sculpt	Shake & Sculpt adds a cardio, toning and abdominal workout into the mix.
Spinning	The ultimate in high energy workout on indoor cycles with energetic music to keep you motivated and makes your legs beg to pedal.
Spin Circuit	A combination of Spinning and Circuit Training in one hit.
Stretch & Chill/Relax	A relaxation class giving you the opportunity to indulge in a total body stretch and enjoy a chance to fully relax.
Triple Tone	A cardio blast that will challenge and motivate you. This comprises of three workouts, cardio, toning and conditioning.
Yoga - All Ability	Yoga is an ancient form of physical exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of well being. Classes are dynamic and suitable for all levels.
Zumba	This class fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

theclub

at hooole hall



Studio Timetable

Autumn & Winter 2011