

Class TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			9.30-10.30am Pilates <i>Clare</i>		8.30am-4.15pm Sally Stanyard School Of Ballet	
10.00-11.00am Legs, Bums and Tums <i>Estelle</i>	10.00 -11.00am Body Control Pilates <i>Fredricka</i>	10.00-11.00am Zumba <i>Amanda</i> (G)	11.00-12.00pm Pilates <i>Clare</i>	10.00-11.00am Body Pump <i>Rebecca</i> (G)		10.00-11.00am Circuits <i>Conor</i> (G)
	11.15-12.15pm Intermediate Body Control Pilates <i>Sarah Tidey</i>	11.15 -12.15 pm Body Control Pilates <i>Fredricka</i>		11.15-12.30pm Yoga <i>Jyoti</i>		
12.00-1.00pm Advanced Swiss Ball Pilates <i>Sarah Tidey</i>	12.45-1.45pm Advanced BodyControl Pilates <i>Sarah Tidey</i>					
1.30-2.30pm Intermediate Body Control Pilates <i>Sarah Tidey</i>	2.00 – 3.00pm Beginners Body Control Pilates <i>Sarah Tidey</i>	3.00-7.00pm Sally Stanyard Ballet School				
4.00-6.45pm Sally Stanyard School Of Ballet	3.15-6.00pm Sally Stanyard School Of Ballet		6.00-7.00pm Kickboxing <i>James</i>	3.00-8.00pm Sally Stanyard School Of Ballet		4.00-5.00pm Zumba NEW! (G) Hannah Starts 5 th February 2012
7.00-8.00pm Legs, Bums & Tums <i>Sarah</i> (G)	6.30-7.15pm NEW!! Zumba <i>Rebecca</i> (G)	7.30-8.30pm Legs, Bums & Tums <i>Jo</i> (G)	7.15pm-8.15pm Body Pump <i>Helen</i> (G)			
8.15-9.15pm Pole Performers	7.30-8.30pm Body Pump <i>Rebecca</i> (G)	8.35pm-9.35pm Pilates <i>Sandra</i>				

Class PRICES

Body Pump
£4 members (£5 non-members)

Circuit Training
£4 members (£5 non-members)

Legs, Bums & Tums with Sarah
£4 members (£5 non-members)

Legs, Bums & Tums with Yuliya
£4 members (£5 non-members)

Body Control Pilates
Must be booked in advance, please enquire within

Yoga
Please contact Jyoti 07812 791993

Kick Boxing
Please contact James 07785 592781

Cardio-Combat
£4 members (£5 non-members)

Zumba
£4 members (£5 non-members)

Pole Performers!
Please contact Emma 07787 168303

(G) Free To Gold and Fitness Plus Members

Class DESCRIPTIONS

CIRCUIT TRAINING: A fun & varied class, packed full of heart pounding, body sculpting exercises. Suitable for all abilities and ages.

LEGS, BUMS, TUMS: Low impact area concentrating on deep toning.

BODY CONTROL PILATES: An effective, medically-approved, holistic approach to exercise which develops body awareness, improves posture and can help rehabilitation after injury. Working by building strength from the inside, rebalancing and aligning the body. Suitable for all ages. Pre-booking essential.

ADVANCE SWISS BALL: A challenging stability and mobility Pilates based class using an exercise ball.

YOGA: Jyoti's style of yoga is an eclectic fusion of Traditional Hatha yoga with inspiration from various other styles. It is a contemporary style combining cardiovascular conditioning, strength building, balance, flexibility, toning, deep breathing and deep relaxation. Run as a course.

BODY PUMP: A revolutionary work out that strengthens, tones and defines every muscle in your body. Feel strong and get challenged. This class uses barbells and adjustable weights.

KICK BOXING: An all over physical workout, guaranteed to bring you out in a sweat. If you want some fast pace action join this class and feel unleashed.

CARDIO COMBAT: An empowering cardio workout. This energetic program includes various aerobic moves combined with the discipline of kick boxing. You punch, you kick, and you don't stop moving.

ZUMBA: Zumba combines Latin and International music with a fun and effective workout system. With classes and instructors worldwide, anyone can Join the Party!

Studio Timetable

January-March 2012

