



GREEN HEALTHCLUB



## January 2012 Class Timetable

- Members can book 6 days in advance by phone or online.
- Non members can book on the day of the class.
- Classes are free for peak members and off peak members attending classes in the off peak times. Outside of these hours there is a £3.50 charge.
- Prices for non members cost £5.00 per class.
- Please aim to give at least 1 hours notice of cancellation.

☎ 01233 713 858 | [www.thegreenhealthclub.co.uk](http://www.thegreenhealthclub.co.uk)

## Monday

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09:30-10:30	<b>Swiss Ball</b>	Gym Team
10:30-11:00	<b>Circuits</b>	Gym Team
17:00-18:00	<b>Kids Karate</b>	Kent Karate
18:00-19:00	<b>Cardio Blast</b>	
18:45-19:30	<b>Aquarobics</b>	Mark
19:00-20:00	<b>Pilates</b>	Vicky

## Tuesday

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10:30-11:30	<b>Power Hoop</b>	Kerry
19:00-20:00	<b>Circuits</b>	Ed
20:30-21:30	<b>Pilates</b>	Lara

## Wednesday

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10:00-11:00	<b>Spin</b>	Paul
11:00-11:45	<b>Aquarobics</b>	Mark
19:00-20:00	<b>Zumba</b>	Katherine
20:00-21:00	<b>Zumba</b>	Katherine

## Thursday

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10:30-11:20	<b>Pilates</b>	Vicky
12:30-13:30	<b>Fitness Yoga</b>	Vicky
18:00-19:00	<b>Swiss Ball</b>	Gym Team
19:00-19:45	<b>Aquarobics</b>	
19:00-20:00	<b>Hatha Yoga</b>	Daniella

## Friday

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08:00-09:00	<b>Pilates</b>	Vicky
09:45-10:30	<b>Aquarobics</b>	Mark
18:00-19:00	<b>Fitness Yoga</b>	Vicky

## Saturday

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09:00-10:00	<b>Fitness Yoga</b>	
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## Sunday

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09:30-10:30	<b>Pump FX</b>	Lisa
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## Guidelines

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Please bring water and a sweat towel with you. Please arrive on time; if you are over 10 minutes late you will be refused entry. This is to prevent injuries from an inadequate warm up and to avoid class disruption. If you are new to the class, please make yourself known to the instructor.

## Class description

**Aquarobics** A fantastically effective non-weight bearing workout in water combining movement and the water's natural resistance.

**Cardio Blast** A high impact class to challenge your cardio-vascular fitness and improve body tone.

**Circuits** A classic, intensive total body workout involving a large variety of exercises carried out in a sequence.

**Fitness Yoga** A class that incorporates deep stretches, yoga postures and pilates exercises. Improve flexibility, posture and move with confidence.

**Hatha Yoga** Enhance your flexibility, strength and posture. Through breathing the mind is left calm and focused.

**Pilates** Focusing on your core abdominal stabilisers. A fusion of breathing, balance, coordination, strength and flexibility.

**Power Hoop** A fun and effective way to improve your condition, posture, balance and burn fat for a slimmer waistline.

**Swiss Ball** Utilising the Swiss Ball to target your core strength and improve muscle tone.

**Spin** An exhilarating cardiovascular studio based cycling workout. A high-intensity aerobic class.

**Zumba** Latin and Urban dance moves that successfully tone and sculpt the body while burning fat.

*Green Healthclub reserves the right to change the timetable, instructor, or content of any class at short notice. E&OE.*