



GREEN HEALTHCLUB



Winter 2010 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 vary from £4.00 to £ 6.00 a class.
- Please aim to give at least 1 hours notice of cancellation.
- Pilates* - There is an extra £2 charge.

THE GREEN HEALTHCLUB | 01233 713 858 | www.thegreenhealthclub.co.uk

Monday		
10:00-10:30	Circuits	Gym Team
18:30-19:30	Cardio Tone	Claire
18:45-19:30	Aquarobics	Trevor
19:30-20:30	Hatha Yoga	TBC
Tuesday		
09:30-10:30	Run Club	Gym Team
12:30-13:30	Body Balance	Ed
19:00-20:00	Circuits	Ed
20:30-21:30	Pilates*	Lara
Wednesday		
11:00-11:45	Aquarobics	Nicky
19:00-20:00	Total Body Cicuits	Trevor
Thursday		
12:30-13:30	Body Balance	Ed
18:00-19:00	Swiss Ball	Kerry
19:00-19:45	Aquarobics	Nicky
19:00-20:00	Hatha Yoga	Belinda
20:00-21:00	Boxercise	Omar
Friday		
08:00-09:00	Fitness Pilates*	Sue
10:00-10:30	Circuits	Gym Team
09:45-10:30	Aquarobics	Trevor
18:00-19:00	Body Balance	Ed
Saturday		
08:30-09:30	Body Balance	Ed
09:35-10:35	Body Balance	Ed
Sunday		
09:30-10:30	LBT	Nicky
Guidelines		
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 descriptions

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

Body Balance Based on the principles, posture and dynamics of Yoga, Pilates and Tai Chi set to inspirational music.

Boxercise A fun boxing based workout. Using traditional boxing moves and pad work for a full body workout.

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

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

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

LBT An aerobic workout focusing on strengthening and toning your "legs, bum and tum!"

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

Run Club Join one of our instructors on a 3.3 / 5 mile run through the local countryside. Beginners are more than welcome.

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

The Green Healthclub reserves the right to change the timetable, instructor, or content of any class at short notice.