



GREEN HEALTHCLUB



Spring/Summer 2011 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 £2.00 charge.

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Monday

09:35-10:20	Swiss Ball	Gym Team
10:00-10:30	Circuits	Gym Team
17:00-18:00	Kids Karate	Kent Karate
18:30-19:30	Cardio Blast	Kerry
18:45-19:30	Aquarobics	Trevor
19:30-20:30	Core Stability	Kerry

Tuesday

10:35-11:25	Fighting Fit	Kerry
12:30-13:30	Fitness Yoga	Anne
18:30-18:50	Ab Attack	Gym Team
19:00-20:00	Circuits	Ed
20:30-21:30	Pilates*	Lara

Wednesday

11:00-11:45	Aquarobics	Anne
19:00-20:00	Boxercise	Trevor

Thursday

10:35-11:25	LBT	Vicky
12:30-13:30	Fitness Yoga	Anne
18:00-19:00	Swiss Ball	Kerry
19:00-19:45	Aquarobics	Vicky
19:00-20:00	Hatha Yoga	Daniella

Friday

08:00-09:00	Pilates*	Vicky
09:45-10:30	Aquarobics	Trevor
10:00-10:30	Circuits	Gym Team
18:00-19:00	Fitness Yoga	Vicky

Saturday

08:30-09:30	Fitness Yoga	Anne
09:35-10:30	Fitness Yoga	Anne

Sunday

09:30-10:30	LBT	Vicky
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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 description

Ab Attack A 20 minute attack on the abs. No need to book just turn up in the studio for an intense ab workout.

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

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

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

Core Stability An enjoyable class focusing on stabilising and strengthening the muscles surrounding the core.

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

Fighting Fit A stress busting aerobic workout that will get the heart racing but at the same time make sure you have lots of fun! Whether you are a beginner or advanced this boxing based class is suitable for all.

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.

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

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

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

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