

Hulley's CLASS TIMETABLE

JANUARY - MARCH 2019



GymPlus Classes are highlighted in Red		7.00 – 8.00	8.00 – 9.00	9.00 – 10.00	10.00 – 11.00	12.00 – 13.00	13.00 – 14.00	14.00 – 15.00	16.30 – 18.00	18.00 – 19.00	19.00 – 20.00	20.00 – 21.00	Class Descriptions
Monday	Dance Studio	07.00 – 07.45 Triple X Sports Officer		09.30 – 10.30 Clinical Pilates Club Physio Intermediate		12.15 – 12.45 ClubHIIT Sports Officer	13.05 – 14.05 Clinical Pilates Club Physio Intermediate		16.30 – 17.10 Total Tone Vikki Thomas	18.00 – 19.00 HIIT Camp Nick Smith	19.30 – 20.15 Zumba Tone CGF		Spinning Studio ClubSpin/Express Spin/SpinCamp Indoor cycling simulating hill climbs and flat terrain tempos. This is a high energy and motivating class using interval methods. Cyclone Bringing the fast and furious pace of track cycling to the studio with high speed racing and sprints. An intense cycling-specific workout.
	Spin Studio					12.15 – 12.45 Cyclone Dom Ambrose		14.00 – 14.30 Express Rig Sports Officer 6 Week Trial	17.30 – 18.00 Express Spin Nick Taylor				
Tuesday	Dance Studio		07.50 – 08.05 ClubCore Sports Officer		10.45 – 11.30 ClubYoga Emma Hall	12.15 – 13.00 HIIT Tone Fran	13.05 – 14.05 Clinical Pilates Club Physio Beginner's 6wks			18.15 – 19.00 PiYo Emma V	19.15 – 20.00 Clubbercise CGF		Conditioning Spin 'n' Rig 20min High Intensity Spin following by a 20min Functional Rig Circuit. A great calorie burner! ClubCore A 15min mat based abdominal class covering a variety of floor exercises. Clubbercise A combination of aerobics and a Saturday night out in a dance club with glow sticks. ClubCircuit/ HIIT Camp Designed to improve strength, stamina and mobility using a large variety of upper & lower body exercises in a circuit format with timed periods on each station. ClubHIIT High intensity interval training with short bursts of maximal effort and short rest periods. Remarkable results in both aerobic and anaerobic capacity. HIIT Tone/Total Tone/Total Body Blast/Tone Blast An all over body toning and strength class using alternate techniques with resistance.
	Spin Studio	07.00 – 07.45 ClubSpin Sports Officer				12.15 – 13.00 ClubWarrior Outdoor	12.15 – 12.45 Express Spin David Bailey		17.15 – 18.00 ClubSpin Sports Officer		19.30 – 20.00 Express Spin Sports Officer 6 Week Trial		
Wednesday	Dance Studio	07.00 – 07.45 HIIT Tone Leeanne		09.30 – 10.00 Express Rig Sports Officer Gym Floor		12.00 – 13.00 Pilates Ginny	13.05 – 14.05 Performance Pilates Club Physio		17.15 – 18.00 ClubCircuit Sports Officer	18.30 – 19.30 Clinical Pilates Club Physio Advanced	19.30 – 20.15 Total Tone Vikki Thomas 6 week Trial		Conditioning SpinIT 20min spin class combined with a 20min High Intensity Interval Training circuit session. Punch 'n' Tone You will work in pairs using exercises from a boxing training plan. Core muscle groups will also be of focus.
	Spin Studio	06.30 – 07.00 Express Spin David Bailey 6 Week Trial				12.15 – 13.00 Spin 'n' Rig Sports Officer				18.30 – 19.15 Spin Camp Nick Smith			
Thursday	Dance Studio	07.00 – 07.45 ClubRig Sports Officer Gym Floor		09.30 – 10.15 ClubYoga Emma Hall		12.15 – 13.00 ClubCircuit Sports Officer			17.00 – 18.00 ClubYoga Janet Dean	18.00 – 19.00 Punch 'n' Tone Pat Lennon	19.00 – 20.00 Clinical Pilates Club Physio Intermediate		Conditioning SpinIT 20min spin class combined with a 20min High Intensity Interval Training circuit session. Punch 'n' Tone You will work in pairs using exercises from a boxing training plan. Core muscle groups will also be of focus.
	Spin Studio					12.15 – 12.45 Express Spin David Bailey			17.15 – 17.45 Express Spin Sports Officer				
Friday	Dance Studio	07.00 – 07.45 SpinIT Sports Officer				12.15 – 13.00 Total Body Blast Fran	13.05 – 14.05 Clinical Pilates Club Physio Intermediate		16.15 – 17.00 Tone Blast Leeanne				Conditioning SpinIT 20min spin class combined with a 20min High Intensity Interval Training circuit session. Punch 'n' Tone You will work in pairs using exercises from a boxing training plan. Core muscle groups will also be of focus.
	Spin Studio					12.15 – 13.00 ClubRig Sports Officer Gym Floor			17.30 – 18.00 Cyclone Dom Ambrose				
Saturday	Dance Studio			09.45 – 10.30 Pilates Lisa Williams	11.00 – 12.00 Yoga 4 All Alternating Instructors	08.00 – 18.00 Junior Gym (12-15 yr olds) (Gym - £3.00, children must be accompanied by an adult member)			Holistic ClubYoga/Yoga 4 All A spiritual and ascetic discipline focusing on specific bodily postures, breathing and meditation. Physio Led Pilates A series of exercises to improve and maintain spinal health, posture, core and flexibility. Compliments and improves sport and fitness activities as well as everyday function.				Conditioning PIYo A combination of Pilates and Yoga techniques mixed with strength and heart rate raising activity. STRONG by Zumba A High Intensity class using body weight moves and exercises to achieve muscle definition.
	Spin Studio		08.45 – 09.30 ClubSpin Julie										
Sunday	Dance Studio				10.00 – 10.45 ClubCircuit Gabbi Frith	08.00 – 18.00 Junior Gym (12-15 yr olds) (Gym - £3.00, children must be accompanied by an adult member)			Holistic Pilates (Body Control) with Ginny Focuses on your body's core strength and improves posture through a series of exercises Pilates with Lisa Williams (Saturday) Focuses on your body's core strength and improves posture through a series of exercises				Conditioning ClubRig/Express Rig Functional Circuit training session using the rig and equipment on the gym floor. Triple X 15mins Cardio, 15mins Tone/Strength, 15mins Core. A class full of variety each week that will target all fitness disciplines to start your week off with a bang!
	Spin Studio				10.15 – 10.45 Express Spin Sports Officer								

Class Prices

(booking required for all classes unless stated)

GymPlus Membership – Includes all classes in RED.

ClubSpin	£4.50
ClubCircuit	£4.50
ClubWarrior	£4.50
Express Spin/Cyclone	£3.00
Punch 'n' Tone	£4.50
ClubHIIT	£3.00
ClubCore	£2.00
ClubRig	£4.50
Express Rig	£3.00
ClubYoga (45mins)	£4.50
ClubYoga (60mins)	£6.00
Piloxing	£4.50
HIIT Camp	£5.00
SpinCamp	£5.00
Spin'n'Rig / SpinII	£4.50
PiYo	£4.50
HIIT Tone/Body Blast/Total Tone/Tone Blast	£4.50
Pilates (Saturday Session)	£4.50
CGF Spin	£3.00
CGF Clubbercise	£4.50
Triple X	£4.50
Yoga 4 All	£6.00
Clinical Pilates (Intermediate)	£6.00
Clinical Pilates (Advanced)	£6.00

Contact Club Physiotherapy directly - 07866 426269 or info@clubphysiotherapy.co.uk to book the advanced course as this class is only appropriate for experienced clients of a certain level.

Bank Holiday Class - Triple X £4.50
Every bank holiday at 09.00 – 09.45

Non-GymPlus Classes & Courses

(Booking required)

Clinical Pilates (6-wk Beginner's Course) £36.00
Contact Club Physiotherapy directly - 07866 426269 or info@clubphysiotherapy.co.uk to book this course.

CGF Evening Classes (non-GymPlus)
Please contact Carla on 07753 170424 or go to carlagilder.com to book.

Body Control Pilates
10 classes £75, 6 classes £48, 1 class £9
Please contact Ginny at fit_gin@hotmail.com or call 07798 744174 for further information and booking.

Booking
We operate a 5-day advanced booking system for pay as you go classes (6 days for GymPlus Members). Courses operate on a 'first come first served' basis. GymPlus Members can book online on the Sports and Fitness page at www.clubazonline.com.

Health Screening
It is the responsibility of the individual to disclose any appropriate medical or health information to the instructor prior to the class.

Membership Prices (monthly unless stated)
ClubAZ Membership £2.50
Gym Membership £14.00
GymPlus Membership (includes classes in RED) £19.00
Lottery Membership (10 shares) £4.33
Junior Gym (or £3 per session) £6.00
Childcare Membership (£5 for link members) £2.00

Hulley's Facility Opening Times

Monday - Friday 6am-10pm
Saturday & Sunday - 8am-6pm

Contact Number

01625 512929 (ext 22929)

www.clubazonline.com

