

Class Prices (booking required for all classes unless stated)

GymPlus Membership – Includes all classes in **RED**.

ClubSpin	£4.50
Express Spin	£3.00
ClubHIIT	£3.00
Punch and Tone	£4.50
HIIT Circuit	£3.00
SpinIIT	£4.50
Body Blast	£4.50
HIIT Tone	£4.50
Pilates / Core Conditioning	£4.50
ClubYoga	£4.50
Circuits	£4.50
Clinical Pilates (Intermediate)	£6.00

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 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 (£6.00 per month or £3 per session)	£6.00
Childcare Membership (£5 for link members)	£2.00
Community Gym Membership	£16.50
Community GymPlus Membership	£21.50

Facility Opening Times

Hulley's Mon - Fri 6am - 10pm
Sat & Sun 8am - 6pm

Mulberry's Mon - Thur 6am - 10pm, Fri 6am - 8pm
Sat 8.30am - 4.30pm; Sun 8.30am - 4.30pm

Contact Numbers

Hulley's Reception – 01625 512929 (ext 22929)

Mulberry's Reception – 01625 581000

CLUB AZ

Clubs & Classes TIMETABLE

September - December 2018



Mulberry's

Clubs & Classes TIMETABLE

September – December 2018



		7.00 – 8.00	8.00 – 9.00	10.00 - 11.00	11.00 – 12.00	12.00 – 13.00	13.00 – 14.00	16.00 – 17.00	17.00 – 18.00	18.00 – 18.30	18.30 – 19.00	19.00 – 20.00	Class Descriptions	
Monday	Dance Studio	07.30 – 08.00 ClubHIIT Sports Officer				12.15 – 13.00 Body Blast Fran Wyly							Spinning Studio	ClubSpin Indoor cycling simulating hill climbs and flat terrain tempos. This is a high energy and motivating class, where you control the resistance levels of the bike.
	Sports Hall													Express Spin If you're stuck for time this is the ideal opportunity to get on your bike for a quick yet intense 30 minute workout.
Tuesday	Dance Studio					12.15 – 13.00 Pilates / Core Conditioning Lisa Williams			17.45 – 18.30 SpinIIT Sports Officer				Conditioning	HIIT Tone An all over body toning and strength class using alternate techniques with resistance.
	Spin Studio	07.30 – 08.15 Punch and Tone Pat Lennon				12.15 – 12.45 Express Spin Sports Officer								Body Blast These classes are a great way to 'firm up' with a combination of fat burning and toning of the legs, glutes and abdominals.
Wednesday	Dance Studio					12.15 – 13.00 HIIT Tone Fran Wyly		Please feedback your suggestions at reception for 5pm – 7pm classes						Club Box and Spin A 30min Spin class followed by a 30min Boxing session using focus mitts and pads.
	Spin Studio	07.30 - 08.15 ClubSpin Sports Officer												ClubHIIT High intensity interval training (HIIT) with short bursts of maximal effort and short rest periods. Remarkable results in both aerobic and anaerobic capacity. Int/Adv.
Thursday	Dance Studio	07.30 - 08.15 SpinIIT Sports Officer		10.00 - 12.00 Pensioner's Activity Morning (Gym - £1.00)		12.00 - 13.00 Clinical Pilates Club Physiotherapy						19.15 – 20.15 Circuits Emma Venables		Circuits 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
	Spin Studio				11.00 - 11.45 ClubYoga Emma Hall									Punch and Tone You will work in pairs using exercises from a boxing training plan. Core muscle groups will also be of focus.
Friday	Dance Studio					12.15 – 13.00 SpinIIT Sports Officer								SpinIIT 20min spin class combined with a 20min High Intensity Interval Training circuit session.
	Spin Studio	07.30 - 08.15 ClubSpin Sports Officer												HIIT Pilates Heart pounding, fat burning cardio combined with Pilates and Pilates inspired exercises. Great for burning calories and achieving a strong core.
Saturday	Dance Studio		08.45 – 09.45 Club Box and Spin Pat Lennon							Holistic				Clinical Pilates with Club Physiotherapy A series of mat based exercises adapted by a qualified Physiotherapist for patients with back and neck pain and those recovering from injury. Course Booking.
	Spin Studio			08.30 – 17.30 Junior Gym (12-15 yr olds) (Gym - £3.00, children must be accompanied by an adult member)										
Sunday	Dance Studio			08.30 – 16.30 Junior Gym (12-15 yr olds) (Gym - £3.00, children must be accompanied by an adult member)										ClubYoga A spiritual and ascetic discipline focusing on specific bodily postures, breathing and meditation.
	Spin Studio													