

CLASS DESCRIPTIONS

AQUA

"A pool based cardiovascular workout that's easy on the joints, relaxes, yet tones the muscles. Work hard or take it easier"

PILATES

"Body controlling exercises that will discipline, strengthen and realign the body by working key postural muscles"

YOGA

"A true mind, body and spirit class which concentrates on body posture and body alignment, promoting improved flexibility and relaxation"

FITSTEPS

"Latin and Ballroom dances combined with fitness techniques to develop a dance/fitness workout. Great for fast fitness results and weight loss. (A Whole heap of fun!)"

ADVANCED INDOOR CYCLE

"Benefits of outdoor cycling with inside comforts. An energetic cardiovascular workout that will get your heart pumping"

CIRCUITS

"This is a method of resistance training, or weight training, that maximizes the volume of work done in a short period of time. It's a great tool to use for people who are interested in weight loss, muscle gain and increasing overall strength"



CLASS RULES AND REGULATIONS

Everyone must be booked in for their chosen class. You can book in for any class up to one week in advance at Reception or call 01628 496 957 from 7.30am.

On entering the Club you must sign in at Reception.

If you are unable to attend a class please let the Club know as your space can be filled. You are not allowed to participate in a class if you enter after the warm up is complete (the first 10 minutes).

All our instructors are fully qualified and strive to provide excellent quality in all their classes. We aim to provide the highest service to our members, if you have any queries or comments then please speak to a member of staff.

OPENING TIMES

Monday - Friday
(last entry to facilities 21.00) 06:00 - 22.00

Saturday & Sunday
(last entry to facilities 20.00) 07.00 - 21.00

Please note children's swimming times:

Monday - Sunday mornings 08.00 - 11.00

Monday - Thursday afternoons
(last entry to facilities 17.00) 14.00 - 18.00

Friday - Sunday afternoons and
throughout school holidays 08.00 - 11.00
(last entry to facilities 18.00) 14.00 - 19.00

DIRECTIONS

Exit the A404 onto the A4155, turn left at the mini roundabout onto Parkway, then left onto Fieldhouse Lane. We are at the very end of Fieldhouse Lane.

Crowne Plaza Marlow, Fieldhouse Lane, Marlow, Buckinghamshire SL7 1GJ
SAT NAV Postcode: SL7 1LU | FREE PARKING



QUAD CLUB TIMETABLE





AEROBIC TIMETABLE

MONDAY

09.15 - 10.00	Aqua	Jacky
09.30 - 10.30	Pilates	Sally
10.30 - 13.00	Water Babies (£)	01869 325499
11.00 - 12.00	Pilates	Tracy
14.00 - 15.00	Pilates	Fran
18.00 - 19.00	Circuits - Full Body Workout	Quad Team
19.30 - 20.15	Indoor Cycle	Faye

TUESDAY

09.00 - 10.00	Fitsteps	Frankie
09.30 - 10.15	Aqua	Jo F
10.00 - 11.00	Fitsteps	Frankie
11.00 - 12.00	Pilates	Niki/Mel
14.00 - 15.00	Pilates	Laura
15.00 - 16.00	Water Babies (£)	01869 325499
18.30 - 19.30	Pilates	Sally
19.30 - 20.30	Pilates (£)	Tracy*

WEDNESDAY

09.00 - 09.45	Aqua	Jacky
09.00 - 10.00	Pilates	Sally
10.00 - 11.00	Pilates	Sarah
10.30 - 13.00	Water Babies (£)	01869 325499
11.15 - 12.30	Yoga	Julie P
14.00 - 15.00	Pilates	Kate
18.00 - 19.00	Circuits	Quad Team
19.00 - 19.45	Indoor Cycle	Jacky

THURSDAY

08.45 - 09.45	Fitsteps	Frankie
09.15 - 10.00	Aqua	Rachel
09.45 - 11.00	Yoga	Annabel
11.00 - 12.00	Pilates	Tracy
15.00 - 16.00	Water Babies (£)	01869 325499
18.30 - 19.30	Pilates	Kate

FRIDAY

09.00 - 10.00	Pilates	Sally
10.00 - 11.00	Pilates	Sally
10.30 - 13.00	Water Babies (£)	01869 325499
11.00 - 12.00	Fitsteps	Frankie

SATURDAY

09.30 - 10.15	Advanced Indoor Cycle	Jacky
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SUNDAY

14.00 - 15.30	Water Babies (£)	01869 325499***
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 Aqua	 Indoor Cycle
 Fitsteps	 Circuits
 Pilates	 Yoga
 (£) Payable	 Water Babies Seriously Fun Swimming

*Book directly with Tracy on 07713 115 990