



# Quad Club Aerobic Timetable

MONDAY		
9.15-10.00	AQUA	Jacky
9.30-10.30	PILATES	Sally
11.00-12.00	PILATES	Tracy
12.15-12:45	LBT	Quad Team
18.15 -19:00	Boxing - Ladies Only	Quad Team
19.00-19.45	SPINNING	Quad Team

TUESDAY		
9.00-10.00	FITSTEPS	Frankie
11.00-12.00	PILATES	Cheryl
12.15-12:45	ABS ATTACK	Quad Team
18.30-19.30	PILATES	Tracy

WEDNESDAY		
9.00-9.45	AQUA	Jacky
9.00-10.00	PILATES	Sally
12:15-12:45	HIIT	Quad Team
14.00-15.00	PILATES	Fran
18.15 - 19.00	LBT	Quad Team
19.00-19.45	SPINNING	Jacky

THURSDAY		
8.45-9.45	FITSTEPS	Frankie
9.15-10.00	AQUA	Rachel
9.45-11.00	YOGA	Evie
11.00-12.00	PILATES	Tracy
12.15-12:45	CIRCUITS	Quad Team
18.30-19.30	PILATES	Annabelle

FRIDAY		
9.15-10.15	PILATES	Sally
10.15-11.15	PILATES	Sally
11.15-12.15	FITSTEPS	Frankie

SATURDAY		
9.30-10.15	SPINNING	Jacky
10.30-11.00	HIIT	Quad Team

SUNDAY		
10.30-11.00	ABS ATTACK	Quad Team

CLASS DESCRIPTIONS
PILATES – “body controlling exercises that will discipline, strength 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!”
SPINNING – “benefits of outdoor cycling, with inside comforts. An energetic cardiovascular workout that will get your heart pumping”

CLASS DESCRIPTIONS
HIIT - high intensity class providing a full body workout in a short period of time. Great for building strength and stamina!
CIRCUITS – “this is a method of resistance training, or weight training that maximises 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”
LEGS, BUMS & TUMS - resistance/weight training focusing on exercises that target the glutes, hamstrings, quadriceps and abdominals

RULES & REGULATIONS
On entering the Club you will be required to scan your membership card and sign in and out
There is no late admission once a class has started
If you are unable to attend a class please let the Club know as your space can be filled. There is a £ 20 fee payable if you cancel a class with less than 24 hours notice or fail to arrive for a confirmed class.
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.