

# Hulley's CLASS TIMETABLE

APRIL - AUGUST 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		<b>Spinning Studio</b> <b>ClubSpin/Express Spin/SpinCamp</b> Indoor cycling simulating hill climbs and flat terrain tempos. This is a high energy and motivating class using interval methods. <b>Cyclone</b> Bringing the fast and furious pace of track cycling to the studio with high speed racing and sprints. An intense cycling-specific workout. <b>Spin 'n' Rig</b> 20min High Intensity Spin following by a 20min Functional Rig Circuit. A great calorie burner! <b>ClubCore</b> A 15min mat based abdominal class covering a variety of floor exercises. <b>Clubbercise</b> A combination of aerobics and a Saturday night out in a dance club with glow sticks. <b>ClubCircuit/ HIIT Camp</b> 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. <b>ClubHIIT</b> High intensity interval training with short bursts of maximal effort and short rest periods. Remarkable results in both aerobic and anaerobic capacity. <b>HIIT Tone/Total Tone/Total Body Blast/Tone Blast</b> An all over body toning and strength class using alternate techniques with resistance. <b>SpinHIIT</b> 20min spin class combined with a 20min High Intensity Interval Training circuit session. <b>Punch 'n' Tone</b> You will work in pairs using exercises from a boxing training plan. Core muscle groups will also be of focus. <b>PIYo</b> A combination of Pilates and Yoga techniques mixed with strength and heart rate raising activity. <b>STRONG by Zumba</b> A High Intensity class using body weight moves and exercises to achieve muscle definition. <b>ClubRig/Express Rig</b> Functional Circuit training session using the rig and equipment on the gym floor. <b>Triple X</b> 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								12.15 – 12.45 Cyclone Dom Ambrose			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		
	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		
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		
	Spin Studio	06.30 – 07.00 Express Spin David Bailey						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	18.10 – 19.00 Punch 'n' Tone Pat Lennon	19.00 – 20.00 Clinical Pilates Club Physio Intermediate		
	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 SpinHIIT Sports Officer		09.30 – 10.15 Punch 'n' Tone Pat Lennon				12.15 – 13.00 Total Body Blast Fran	13.05 – 14.05 Clinical Pilates Club Physio Intermediate			16.30 – 17.15 Tone Blast Leeanne				
	Spin Studio							12.15 – 13.00 ClubRig Sports Officer Gym Floor				16.30 – 17.00 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)					ClubYoga/Yoga 4 All A spiritual and ascetic discipline focusing on specific bodily postures, breathing and meditation.			
	Spin Studio		08.45 – 09.30 ClubSpin Julie										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.			
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)					Pilates (Body Control) with Ginny Focuses on your body's core strength and improves posture through a series of exercises			
	Spin Studio						10.15 – 10.45 Express Spin Sports Officer						Pilates with Lisa Williams (Saturday) Focuses on your body's core strength and improves posture through a series of exercises			

## 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](http://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](http://www.clubazonline.com)

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