

Class Info

Please:

- Book into classes at reception but inform us if you cannot make the class as someone else may want your place
- Wear non marking soled shoes
- Register at reception on arrival

Class Costs

Free to all fitness and full members

Rackets Members

Abs Class = £1.50

Bodyump® = £3.50

All other classes = £2.00

Non & Social Members

Abs Class = £1.50

Bodyump® = £5.50

All other classes = £4.00

Payment required at the time of booking to secure your place

No refunds for classes cancelled on the day.

Buy 12 classes for the price of 10! Available from reception.



GROUP FITNESS TIMETABLE

until 1st April 2012

Free

to full and
fitness members

Non-Members Welcome

**Ilkley Lawn Tennis &
Squash Club,
Stourton Road, Ilkley,
LS29 9BG**

Tel: 01943 607182

Day	Class	Time
Monday	Body Tone & Flex	8.15am-9am
	Abs Blast	9am-9.15am
	Cardio Challenge	9.30am-10.30am
	SkiFit Circuit	12pm-12.15pm
	Bodypump® Express	3.45-4.30pm
Tuesday	Kettlercise	9.30-10.30am
	Yoga	11am-12.15pm
Wednesday	Abs Blast	9am-9.15am
	Bodypump®	9.30am-10.30am
Thursday	Fitball	9.30am-10.30am
Friday	Kettlebell Circuit	8.15am-9am
	Abs Blast	9am-9.15am
	Cardio Challenge	9.30am-10.45am
Saturday	Ski Fit Circuit	9.15am-10am
Sunday	Bodypump®	10am-11am

Class Descriptions

Abs Blast

A 15 minute effective class to work the core.

Body Tone & Flex

Improves muscle tone and flexibility using weights, bands and bodyweight.

Bodypump®

This class will change the shape of your body. It is designed to improve muscle definition and strength and burn fat.

Cardio Challenge

The ultimate aerobic workout!

Kettlercise

38 carefully selected exercises to work the entire body with huge calorie burning effect. Lots of focus on the upper thighs and abdominal areas.

Kettlebell Circuit

Dynamic circuit to maximise calorie expenditure using kettlebells to develop lean tissue and reduce fat storage

Fitball

Have fun getting fit with a fitball and improve tone, balance and co-ordination.

Ski Fit Circuits

Suitable for anyone who wants to improve their strength and stamina.

Yoga

Suitable for all levels.