

# ILTSC Group Fitness Classes –Summer Holidays 2010

**Please book in for all classes at least 24 hours in advance to ensure there are sufficient participants for the class to run (Tel: 01943 607182)**

| Mon  | Tue                                | Wed                        | Thu     | Fri                                    | Sat                        | Sun                       |
|--|------------------------------------|----------------------------|---------|--|----------------------------|---------------------------|
| Saturday 24 July<br>8.30am Bodypump<br>Sunday 25 July<br>10am Bodypump | 27 July<br>9.30am Bodypump         | 28 July<br>9.30am Bodypump | 29 July | 30 July<br>9.30am Top2Toe<br>Challenge | 31 July<br>8.30am Bodypump | 1 August<br>10am Bodypump |
| 2  | 3<br>9.30am Bodypump<br>11am Yoga  | 4<br>9.30am Bodypump       | 5       | 6<br>9.30am Top2Toe<br>Challenge       | 7<br>8.30am Bodypump       | 8<br>10am Bodypump        |
| 9  | 10<br>9.30am Bodypump<br>11am Yoga | 11<br>9.30am Bodypump      | 12      | 13                                     | 14<br>8.30am Bodypump      | 15<br>10am Bodypump       |
| 16   | 17<br>9.30am Bodypump<br>11am Yoga | 18<br>9.30am Bodypump      | 19      | 20<br>9.30am Top2Toe<br>Challenge      | 21<br>8.30am Bodypump      | 22<br>10am Bodypump       |
| 23   | 24<br>9.30am Bodypump<br>11am Yoga | 25<br>9.30am Bodypump      | 26      | 27<br>9.30am Top2Toe<br>Challenge      | 28<br>8.30am Bodypump      | 29<br>10am Bodypump       |
| 30   | 31<br>9.30am Bodypump<br>11am Yoga | 1/9<br>9.30am Bodypump     | 2/9     | 3/9<br>9.30am Top2Toe<br>Challenge     | 4/9<br>8.30am Bodypump     | 5/9<br>10am Bodypump      |

## CLASS COSTS

Members of ILTSC  
Bodypump = £3.50  
All other classes £2.00

Non-Members of ILTSC  
Bodypump = £5.50  
All other classes £4.00

**NO REFUNDS FOR CLASSES  
CANCELLED ON THE DAY.**

**Vouchers will be refunded for classes  
cancelled outside of this period.**

**Please book for all classes at least  
24 hours in advance to  
ensure there are sufficient  
participants for the class to run  
(Tel: 01943 607182)**

**Please Note: all indoor class  
participants must wear  
non-marking trainers for all  
classes. Please do not wear  
running trainers.**

# ILTSC Summer Holiday Group Fitness Classes

for members and non-members

## 24 July to 5 September 2010

Ilkley Lawn Tennis & Squash Club, Stourton Road, Ilkley, LS29 9BG  
Tel: 01943 607182 [www.iltsc.co.uk](http://www.iltsc.co.uk)



**ILKLEY**  
Lawn Tennis  
& Squash Club