

# CLASS DESCRIPTIONS

## Abs Blast

A time effective class to work the tummy and back.

## Cardio Challenge

A great class to improve your fitness and help lose weight. Suitable for all as alternatives are always given.

## Bodypump®

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

## Nordic Walking

A whole body outdoor sport which provides an excellent cardiovascular workout with minimum load on the joints whilst strengthening the bones and increasing upper body strength.

## Pilates

Classes are taken by 2 experienced chartered physiotherapists trained in Pilates. The class aims to increase flexibility, improve posture and recondition important core stability muscles.

## Tone & Flex

A class to strengthen and tone, improve balance and flexibility and de-stress.

## Top2Toe

Everything in one 90 class—fitness, toning, weight loss & stretching.

## Yoga

This type of yoga promotes strength, flexibility and balance. Suitable for all.

**PLEASE NOTE: ONLY NON MARKING FOOTWEAR IS ALLOWED ON COURT**



# GROUP FITNESS CLASSES

20 April to  
22 July 2009



**OPEN TO MEMBERS & NON-MEMBERS**

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

**Tel: 01943 607182**



## CLASS TIMETABLE

### Monday

9.00-9.15am Abs Blast  
9.30-10.30am Cardio  
Challenge

### Tuesday

9.30-10.30am Bodypump  
11am-12.15pm Yoga

### Wednesday

9.30-10.30am Bodypump  
8.00-9.00pm Tone & Flex

### Friday

8.45-9.00am Abs Blast  
9.30-10.45am Top2Toe  
11am-12pm Bodypump

### Saturday

8.30-9.30am Bodypump

### Sunday

10-11am Bodypump

Bodypump clinics will run on the first Tuesday of each month 9-9.25am

### Pilates on Thursday

GB Pilates run 3 one hour sessions on Thursday morning.

Please contact Gemma on 07816 681394 or Brenda on 07778 476276 for more info or to book. £50 per 6 week course.

**Nordic Walking** Sabine runs various Nordic Walking courses throughout the week from the club. Please contact Sabine on 07966 572611 to book or for more info. £50 per course of 4 weeks.

## CLASS COSTS

Members of ILTSC  
Abs Blast = Free  
Bodypump = £3.50  
All other classes £2.00

Non-Members of ILTSC  
Abs Blast = £1.50  
Bodypump = £5.50  
All other classes £4.00

### Save Money...

with our 12 for the price of 10 offer. Pay for 10 classes that are of the same value and get 2 free. (Offer applies to all classes except Bodypump).

**CLASSES MUST BE PAID FOR AT THE TIME OF BOOKING.** Members of ILTSC

can pay money onto their membership account which will allow you to make phone bookings. Please see Reception for more details.

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

VOUCHERS WILL BE ISSUED FOR CLASSES CANCELLED OUTSIDE OF THIS PERIOD.

Next timetable review: September 2009