

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 8.30am Bodypump Sunday 25 July 10am Bodypump	27 July 9.30am Bodypump	28 July 9.30am Bodypump	29 July	30 July 9.30am Top2Toe Challenge	31 July 8.30am Bodypump	1 August 10am Bodypump
2	3 9.30am Bodypump 11am Yoga	4 9.30am Bodypump	5	6 9.30am Top2Toe Challenge	7 8.30am Bodypump	8 10am Bodypump
9	10 9.30am Bodypump 11am Yoga	11 9.30am Bodypump	12	13	14 8.30am Bodypump	15 10am Bodypump
16	17 9.30am Bodypump 11am Yoga	18 9.30am Bodypump	19	20 9.30am Top2Toe Challenge	21 8.30am Bodypump	22 10am Bodypump
23	24 9.30am Bodypump 11am Yoga	25 9.30am Bodypump	26	27 9.30am Top2Toe Challenge	28 8.30am Bodypump	29 10am Bodypump
30	31 9.30am Bodypump 11am Yoga	1/9 9.30am Bodypump	2/9	3/9 9.30am Top2Toe Challenge	4/9 8.30am Bodypump	5/9 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.**

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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



ILKLEY
Lawn Tennis
& Squash Club