

# NEW YEAR, NEW TIMETABLE

**HORIZONES**  
health & fitness club

Day	Class	Level	Time	Instructor
<b>MONDAY</b>	<b>NEW</b> Fat Attack	**	9.30-10.30am	Tracy
	Zumba Gold	**	10.30-11.15am	Kerry
	<b>NEW</b> Zumba	***	12.30-1.15pm	Kerry
	Body Pump	****	6.00-7.00pm	Harry
	Total Tone Circuit	***	7.00-7.55pm	Tim
	Spin	***	7.00-8.00pm	Tracy
<b>PAID CLASS</b>	Pole Fit Members £10 & Non-Member £12	***	8.10-9.00pm	Sue
<b>TUESDAY</b>	Begin to Spin	*	7.00-7.30am	Chloe
	LBT	*	9.30-10.30am	Alison
	Pilates	*	10.30-11.30am	Alison
	<b>NEW</b> Ab-Flex	**	6.00-7.00pm	Tina
	Spin	****	6.00-7.00pm	Laura
	<b>NEW</b> Supple Strength/LBT	***	7.00-7.45pm	Laura/Alison
	<b>PAID CLASS</b> Body Blast	****	8.00-9.00pm	Allister
<b>WEDNESDAY</b>	Body Pump	***	9.30-10.30am	Elaine
	Yoga	*	1.00-2.30pm	Sue
	<b>NEW</b> Class of the WEEK **	***	6.00-7.00pm	See Notice Board
	Aero-Tone	**	7.00-8.00pm	Alison
	<b>NEW</b> Spin	****	7.00-7.45pm	Rebecca
	Pilates	*	8.00-9.00pm	Alison
<b>THURSDAY</b>	Circuit	***	7.00-7.45am	Gym Instructor
	Zumba in a circuit	**	9.10-10.00am	Kerry
	Yoga	*	10.00-11.30am	Sue
	<b>NEW</b> Body Blitz	***	6.00-6.45pm	Kerry
	Spin	***	7.15-8.00pm	Kelly
	Zumba Members ONLY	***	7.00-8.00pm	Kerry
	Zumba	***	8.00pm-9.00pm	Kerry
<b>FRIDAY</b>	<b>NEW</b> FAB ABS	**	9.00-9.30am	Kerry
	Begin to Spin	**	9.30-10.00am	Chloe
	LBT	**	9.30-10.30am	Alison
	Cardiac Circuit	*	10.30-12.00pm	Elaine
	<b>NEW</b> Zumba Toning *	**	12.30-1.15pm	Kerry
	Yoga	*	6.30-8.00pm	Sue
<b>SATURDAY</b>	Yoga	*	8.45-9.45am	Sue
	Spin	***	9.00-10.00am	Nat
	Body Pump	****	10.00-11.00am	Elaine
	<b>NEW PAID CLASS</b> Zumba Toning *	**	10.15-11.00am	Kerry
	Zumba	***	11.00-11.45am	Kerry
	Zumba Toning *	**	11.45-12.30pm	Kerry
<b>SUNDAY</b>	<b>NEW</b> Burn It Boot Camp	***	8.45am-9.45am	Tina
	Body Pump (Body Blitz Last Sunday of every month)	***	10.00-11.00am	Julie/Kerry
	Zumba (Kerry Last Sunday of every month)	***	11.00-12.00pm	Terese/Kerry
	<b>NEW PAID CLASS</b> Zumba Toning * (Last Sunday of every month)	**	12-12.45pm	Kerry

\*Sticks Required, you can purchase toning stick from your studio co-ordinator @ £17 a pair  
\*\*This class will be different every week please see special notice board for details

Strength & Sculpt  
 Flex, Stretch & Chill Out  
 Calorie Burner

# Get FIT and FEEL great with...



**BODYCOMBAT**

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay Thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.



While a regular Zumba class is exciting and fun a Toning Class adds another dimension to the workout party.

This class takes the original dance/fitness class to an entirely different level.

ZUMBA® TONING is a breakthrough muscle shaping system with the use of lightweight toning sticks that you use like a set of maracas. The toning stick will be required for the class and are available from your Zumba Instructor



Step Aerobix is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on,

over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



*Supple Strength*

This class blends elements of Yoga, Pilates and body conditioning; it aims to give you a

challenging holistic workout. You will explore exercises geared towards building strength and flexibility through a focus on posture, core stability and body alignment.



Boxercise Bootcamp sessions are high energy, non-contact boxing using gloves and pads, the ultimate box aerobic workout, challenging but

fun and friendly. Fun fitness games, core stability, circuit training, kickboxing and resistance band training are also included.

**AB FLEX**

is a combination of abdominal conditioning and strength stretching Working on your core stability & helping to increase your flexibility



What better way could you start your Sunday morning other than by joining our BRAND NEW 'Burn it Boot Camp' class. This is a combination of drills and circuits working on strength, stamina and giving you that cardiovascular work out you've been looking for.

## Opening Times

Monday - Thursday  
Friday  
Saturday & Sunday

06.30 - 22.00pm  
06.30 - 21.00pm  
08.00 - 19.00pm

Bank Holiday 09.00 - 17.00pm  
Last entry is 1 hour before

T: 01322 664 500  
[www.birchwoodparkgc.co.uk](http://www.birchwoodparkgc.co.uk)

No  
Contracts.  
No tie ins

Horizontes Health and Fitness Club Birchwood Park Golf Centre,  
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