

CLASS DESCRIPTION

Aerob-A-Tone

Ideal for shaping & toning the whole body, using different resistance techniques

Fit for All

A good cardiovascular workout incorporating high & low impact moves for the Over 50's.

Pilates

Excellent for posture including slow & controlled movements working deep into the core & lower back muscles.

Insanity

A high intensity cardiovascular training programme which works the whole body.

Spin

A fun & energetic cycling workout that involves regular intervals to match the beat of the music.

Zumba

Enjoy this well structured dance class that will get the heart pumping.

Kettlercise

A high intensity anaerobic kettlebell class to push you to your limit.

Aquacise

Shape & Tone with this in water aerobics class.

Meta fit

A military style circuit class that combines strength & endurance using the body weight .

Metabolic Effect

A structural & compound exercise class that burns calories whilst increasing metabolic rate.

Stretch & Tone

A combination of stretching & toning exercises designed to loosen & strengthen those vital muscles.

Core Stability

Using specialised equipment for example the stability ball , medicine ball or light hand weights to strengthen your back & stomach muscles , improve posture and tone up.

REMEMBER...

Always be on time for your classes!

Please call & cancel your classes if unable to attend.

Make the instructor aware of any medical

conditions.



The Stables Country Club

0161 763 9999

Class Timetable 2019



STUDIO TIMETABLE

Our class timetable consists of a variety of intensities aimed at all levels & abilities, catering for everyone.

Monday

| Time | Class | Duration | Instructor |
|-------|-------------------------------|----------|------------|
| 9:15 | Aerob-A-Tone | 45 | Carol |
| 9:30 | Spin | 45 | Jason |
| 10:15 | Fit for All (mainly over 50s) | 45 | Carol |
| 11:00 | Pilates | 45 | Carol |
| 12:00 | Metafit | 30 | Lauren |
| 12:30 | Stretch & Tone | 45 | Lauren |
| 13:15 | Dynamic Movement | 60 | Peter |
| 17:30 | Metafit | 30 | Adele |
| 18:00 | L.B.T | 45 | Adele |
| 18.45 | Body Conditioning | 45 | Adele |
| 19:30 | Metafit | 30 | Adele |
| 20:00 | Total Tone | 30 | Adele |

Tuesday

| Time | Class | Duration | Instructor |
|-------|---------------------|----------|------------|
| 6:45 | | | |
| 9:30 | Spin | 45 | Jason |
| 9:15 | Gentle Hatha Yoga | 90 | Melanie |
| 10:15 | Aquacise | 45 | Lesley |
| 10:50 | Yoga | 60 | Ann |
| 12:00 | Zumba | 45 | Kristina |
| 12:45 | Metafit | 30 | Adele |
| 13:15 | Yogalates | 45 | Adele |
| 17:30 | Yoga | 60 | Melanie |
| 18:00 | Spin –Intense | 30 | Jane |
| 18:30 | Yoga | 60 | Carol |
| 18:35 | Spin (Members Only) | 45 | Jane |
| 18:45 | Aquacise | 60 | Lesley |
| 19:30 | Ladies Bootcamp | 50 | Camilla |
| 19:30 | Spin | 45 | Jane |

Wednesday

| Time | Class | Duration | Instructor |
|-------|-------------------------------|----------|------------|
| 6.45 | Metafit | 30 | Carl |
| 7:20 | Spin | 30 | Carl |
| 9:45 | Yoga | 90 | Sue |
| 11:30 | Fit for All (mainly over 50s) | 45 | Jane |
| 12:30 | HIIT Step | 30 | Lauren |
| 12:30 | Spin | 45 | Jane |
| 13:00 | Weight Attack | 30 | Lauren |
| 13:30 | Dynamic Movement | 60 | Peter |
| 17:30 | Kettlercise Express | 30 | Sheryl |
| 18:00 | Metabolic Effect | 30 | Sheryl |
| 18:30 | Core Stability | 30 | Sheryl |
| 18.30 | Spin | 45 | Christine |
| 19:00 | Yoga | 60 | Kathryn |
| 19:30 | Boot Camp | 45 | Camilla |
| 20:00 | Pilates | 60 | Noelle |

Thursday

| Time | Class | Duration | Instructor |
|-------|---------------------|----------|------------|
| 6.45 | Spin | 45 | Jason |
| 9:30 | Spin | 45 | Jason |
| 9:45 | Yoga | 60 | Kathryn |
| 10:45 | Pilates | 45 | Kathryn |
| 10:15 | Aquacise | 45 | Lesley |
| 11:45 | Metafit | 30 | Adele |
| 12:15 | Yogalates | 45 | Adele |
| 16:15 | Kids Bootcamp | 45 | Lauren |
| 17:00 | L.B.T | 45 | Lauren |
| 17.45 | HIIT Step | 30 | Lauren |
| 18:00 | Spin - Intense | 30 | Jane |
| 18:15 | Yoga | 60 | Sue |
| 18:35 | Spin (Members Only) | 45 | Jane |
| 19:20 | Yoga Masters | 60 | Sue |
| 19:30 | Spin | 45 | Jane |



Friday

| Time | Class | Duration | Instructor |
|-------|------------------|----------|------------|
| 9:15 | Zumba Tone | 60 | Orhan |
| 9:30 | Spin | 45 | Jason |
| 10:15 | Stretch & Tone | 45 | Carol |
| 11:00 | Pilates | 45 | Carol |
| 12:00 | Spin | 45 | Jane |
| 12:00 | Metafit | 30 | Lauren |
| 12.30 | Circuit Training | 45 | Lauren |

Saturday

| Time | Class | Duration | Instructor |
|-------|-------------------|----------|------------|
| 9:15 | Core Stability | 45 | Sheryl |
| 10:00 | Metabolic effect | 30 | Sheryl |
| 10:30 | Beginners Pilates | 45 | Sheryl |
| 11:00 | Spin | 45 | Steve |

Reminders

Please inform the instructor of any medical conditions prior to the start of the class. All classes are subject to change.

Non members are unable to pre-book classes. If there is availability on arrival non members may attend the class.

Class Price List

Gold Member – FREE
 Monthly Member – FREE
 Silver Member Day Class – FREE
 Non Members 45 mins Class – £7.00
 Non Members 30 mins Class – £5.00
 Silver Member Evening Class – 1/2 Price