

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																												
Morning Classes	9.15 - 10.15 Indoor Cycle Debra	9.15 - 10.15 Zumba® Debra	9.30 - 10.30 Body Worx Debra	9.15 - 10.00 Pilates Janet	9.15 - 10.15 Stomp FX Tanya	9.15 - 10.15 Stomp FX Tanya	9.15 - 10.15 Body Blitz Claire																												
	9.30 - 11.00 Iyengar Yoga Maria	10.15 - 11.00 Ballet Blitz Karen	10.30 - 11.15 Zumba® Gold Debra	9.15 - 10.15 Indoor Cycle Lindsey	10.15 - 11.00 Indoor Cycle Tanya	9.45 - 10.15 Introduction to Indoor Cycle atalie	10.15 - 11.00 Indoor Cycle Claire																												
		10.15 - 11.00 Indoor Cycle Natalie	10.30 - 11.15 Indoor Cycle Lindsey	10.00 - 10.45 Pilates Janet	10.15 - 11.00 Belly Dancing Gold Claire	10.15 - 11.15 Pump FX Sarah	11.00-11.45 Zumba® Holly / Lorraine																												
Late morning & afternoon Classes		11.00 - 11.45 Tap Gold Karen	11.45 - 12.30 Bounce Back Post Natal Tanya		11.00 - 11.45 Zumba® Gold Tanya	10.15 - 11.00 Indoor Cycle Tanya	11.45-12.30 Easy Rider Holly/Lorraine																												
	1.45 - 2.30 Zumba® Lorraine				11.45 - 12.30 Bounce Back Post Natal Tanya	11.15 - 12.00 Zumba® Tanya																													
Early evening Classes	5.30 - 6.15 Blast FX Debra	5.30 - 6.30 Pump FX Debra	4.45 - 5.30 Indoor Cycle Lindsey			   <div style="background-color: #ff00ff; color: white; padding: 5px; text-align: center;">April 2012</div> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>PRICES</th> <th>member</th> <th>Non-member</th> </tr> </thead> <tbody> <tr> <td> Cycle sessions</td> <td></td> <td>1.50</td> <td>3.50</td> </tr> <tr> <td> Zumba</td> <td></td> <td>2.00</td> <td>4.00</td> </tr> <tr> <td> Gold classes</td> <td></td> <td>2.00</td> <td>4.00 /3.50 OAP</td> </tr> <tr> <td> Mum & baby</td> <td></td> <td>3.00</td> <td>4.00</td> </tr> <tr> <td> Kids dance</td> <td></td> <td>3.50</td> <td>3.50</td> </tr> <tr> <td> Studio classes</td> <td></td> <td>free</td> <td>£16 for 4</td> </tr> </tbody> </table> <p style="font-size: small; text-align: center;">See reverse for class descriptions & prices or visit our website: www.clubzest.co.uk Or call us on 0191 516 98 98</p>			PRICES	member	Non-member	 Cycle sessions		1.50	3.50	 Zumba		2.00	4.00	 Gold classes		2.00	4.00 /3.50 OAP	 Mum & baby		3.00	4.00	 Kids dance		3.50	3.50	 Studio classes		free	£16 for 4
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6.15 - 6.45 Ab's Fab Debra	6.15 - 7.00 Easy Rider Lindsey	6.00 - 6.45 Fight FX Debra	5.45 - 6.30 Zumba Karen	6.00 - 6.45 Dance Aerobics Lorraine																															
6.45 - 7.30 Groove FX Debra	6.40 - 7.30 Groove FX Debra	6.45 - 8.15 Iyengar Yoga Ann	6.30 - 7.30 Pump FX Vicky	6.45 - 7.30 Bums & Tums Lorraine																															
Late evening Classes	7.00 - 7.45 Easy Rider Natalie		7.00 - 7.45 Indoor Cycle Natalie	6.45 - 7.30 Indoor Cycle Tanya	7.30 - 8.15 Indoor Cycle Lorraine																														
	7.30 - 8.15 Body Blitz Sue	7.30 - 8.00 Bums & Tums Express Holly		7.30 - 8.15 Pilates Tanya	7.30 - 8.15 Fight FX Sarah																														
	8.15 - 9.00 Beginners Step Sue	8.00 - 8.45 Zumba® Holly	8.15 - 9.00 Beach Babe Vicky																																

Toning Classes (suitable for all levels of fitness)

Iyengar Yoga

is ideal for anyone who wants to increase muscle tone, strength & flexibility. Yoga is ideal for stress relief & relaxation.

Pilates

is designed to improve posture & lengthen muscles. Exercises are slow & controlled aiming to work inner muscles and helping to build a human corset with the back & stomach muscles.

Ballet Blitz

These highly effective moves result in elongated legs, lifted buttocks & sculpted abs. Exercises are performed at the ballet barre to sculpt & slim down your legs & hips. Core work is performed on a mat & along with a series of relaxing stretches.

Bums & Tums

a light warm up followed by lower body exercises to strengthen & tone your tummy, legs & bottom. An ideal class for those new to exercise.

Ab's Fab

a great 30 minute class for those wishing to tighten their tummies. Full of great exercises you can use at home or the club.

Bottom's Up

a 30 minute class concentrating on the bum & thigh muscles, a perfect class for a perfect behind!

Fat Burning & Toning Classes (suitable for all levels of fitness)

Pump fx

The great weight workout! Using weights to tone the whole body & burn fat. Work at your own pace, no complex choreography to follow & because the exercises stay the same for 3 months, it doesn't matter if you miss a few weeks, you will always be able to pick back up where you left off.

Blast fx

Using no weights, this class blasts the whole body with a mixture of high & low intensity exercises to burn fat, strengthen the core & increase fitness.

Body Worx

30 minutes of lower body functional training exercises & 30 minutes of interval core work designed to tone, sculpt & get you sweating!

Fight fx

is a non contact combat class using boxing moves & martial arts kicks to create a low impact workout.

Body Blitz

begins with an aerobic workout followed by body bar & hand weight exercises for maximum tone & definition.

Beach Babe

is a circuit based class designed to burn fat & increase fitness. Work at your own pace at each circuit section.

Beginners Step

Learn the basics of step aerobics, from correct technique to basic step patterns. This class is slower in pace than other step classes to enable you to follow moves & commands easily. A great class for those new to group exercise.

Stomp fx

is a great step class aimed at intermediate steppers. Great choreography & great music will make this class a favourite!

Dance Classes (suitable for all levels of fitness)

Groove fx

Locate your hips & get to grips with a variety of dance styles & rhythms. Absolutely no dance experience required, the emphasis is on having fun & building confidence so you can strut your stuff with the best of them!

Dance Aerobics

Enjoy an energetic aerobics class where the moves will make you feel like you're on a night out! Easy to follow patterns & a great workout.

Zumba®

the latin inspired salsa easy dance class - ditch the workout - join the party! Low impact, and above all, fun!

Gold Classes (designed for those new to exercise, or those wishing to workout at a slower pace)

Zumba® Gold

The same infectious latin inspired easy dance class, just set at a slower pace with less twists & turns.

Tap Gold

An easy paced adult tap class designed to get you moving - great fun & great for improving fitness, flexibility & strength.

Belly Dance

Get into shape with a sensual and fun Egyptian style belly dance. Develop a strong posture and combine isolated body movements with elegant dance steps.

Indoor Cycle Sessions

Easy Rider

An easy paced, technique based introduction to indoor cycle sessions - great fun & a great workout!

Indoor Cycle

The amazing 45 minute workout designed with fun & sweat in mind! For more information see our website.

Kids Classes







Street Dance

A popular class with both girls & boys this fun dance class will keep the kids fit & active to their favourite tunes.

Post Natal Classes where baby comes too!

Bounce Back

Lose the baby weight & restore your core. Bring your baby in a suitable travel seat—no need to worry about child care! For babies 0 to crawling & for mums 8 weeks post natal or 10 weeks after a c-section.

PRICES	member	Non-member	
	Cycle sessions	1.50	3.50
	Zumba	2.00	4.00
	Gold classes	2.00	4.00 /3.50 OAP
	Mum & baby	3.00	4.00
	Kids dance	3.50	3.50
	Studio classes	free	£16 for 4

Please read the description & check the fitness experience level before booking a class, ask a member of staff for advice if you are unsure. If you have a medical condition, injury or are new to an exercise class you must make yourself known to the instructor before the class begins. Appropriate clothing & supportive trainers must be worn for most classes. Please check with a member of staff when you pre-book your class. **All classes must be booked at reception & should you be unable to attend you must cancel with at least 4 hours notice.**

telephone: 0191 516 98 98

website: www.clubzest.co.uk

facebook: www.facebook.com/clubzest

All classes must be booked in advance

*Club Zest,
60 Sea Road.
Fulwell, Sunderland*