

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30-7.00 ARISE <i>Jade E</i>	6.15-7.00 GYM BOOTCAMP <i>Jade E</i>	6:15-6.45 HIIT <i>Jennie</i>	6.30-7.15 SPINNING <i>Nadine</i>	6.15 - 7.00 GYM BOOTCAMP <i>Jennie</i>	7.15-8.00 GYM BOOTCAMP <i>Jennie</i>
9.00-9.45 KETTLEBELLS <i>Jennie</i>	9.15 - 10.00 BODYWORX <i>Jennie</i>	8.00 - 9.00 GYM BOOTCAMP <i>Jennie</i>	8.00-9.00 GYM BOOTCAMP <i>Jennie</i>	9.10-10.10 PILATES <i>Elaine</i>	8.00-9.00 VINYASA FLOW <i>Rachel G</i>
9.45-10.30 SPINNING <i>Jennie</i>	10.00-10.45 RETRO AEROBICS <i>Lorraine</i>	9.15 - 10.00 BODYWORX <i>Jennie</i>	9.10 - 10.00 CLUBBERCISE <i>Lorraine</i>	10.15-11.00 PILOXING™ <i>Jennie</i>	9.00-9.45 SPINNING <i>Rach D</i>
10.00-11.00 YOGA <i>Sandra</i>	10.00 - 10.45 SPINNING <i>Jennie</i>	10.00—10.45 ZUMBA®™ <i>Lorraine</i>	10.00-10.45 BOTTOMS UP & ABS <i>Jennie</i>	11.00-11.45 SPINNING <i>Jennie</i>	9.00— 9.45 KETTLEBELLS <i>Jennie</i>
1.00-1.45 GYM BOOTCAMP <i>Lorraine</i>	11.00-12.00 STRETCH & TONE <i>Jennie</i>	10.45 - 11.30 SPINNING <i>Lorraine</i>	10.45-11.30 STRETCH & TONE <i>Jennie</i>	11.00-11.45 CRECHE £3.50 per child 12 weeks—4 years old	9.45 –10.15 ABS <i>Jennie</i>
1.00-1.45 CRECHE £3.50 per child 12 weeks—4 years old	5.15 –6.00 BOTTOMS UP & ABS <i>Jennie</i>	10.45-11.30 CRECHE £3.50 per child 12 weeks—4 years old	5.45-6.15 HIIT <i>Nadine</i>	11.45-12.30 GYM BOOTCAMP <i>Jennie</i>	10.15-11.00 PILOXING™ <i>Ashleigh</i>
5.15 - 5.45 BODYWORX <i>Jennie</i>	6.00 - 6.30 BODYWORX <i>Jennie</i>	5.15 - 5.45 HIITSTEP <i>Ashleigh</i>	6.15 - 7.00 PUMP <i>Claire</i>	5.15 - 6.00 PILATES <i>Lindsey</i>	
5.45 - 6.15 HIIT <i>Jennie</i>	6.30-7.15 RETRO AEROBICS <i>Lorraine</i>	5.45 - 6.30 PILOXING™ <i>Jennie</i>	7.00-7.45 SPINNING <i>Claire</i>	6.00 - 6.45 CIRCUITS <i>Jennie</i>	SUNDAY
5.45 - 6.30 SPINNING <i>Nadine</i>	7.15-8.00 SPINNING <i>Claire</i>	6.30-7.00 PAD WORK <i>Jennie</i>	7.15-8.00 PILATES <i>Elaine</i>	<p>Over 60 classes each week</p> <p>Early mornings, midday and late evenings</p> <p>Crèche available three times per week</p> <p>clubzest.co.uk</p> <p>0191 516 98 98</p>	9.15 - 10.00 BODY BLITZ <i>Jennie</i>
6.15 - 6.45 ABS <i>Jennie</i>	7.15-8.00 CLUBBERCISE <i>Lorraine</i>	7.00-8.00 YOGA <i>Michelle</i>			10.00-10.30 CLUBBERCISE™ <i>Rach P</i>
6.45 - 7.30 POUND™ <i>Rach P</i>	8.00-8.45 STEP AEROBICS <i>Claire</i>	8.00— 8.45 CLUBBERCISE™ <i>Lorraine</i>	<p>Find class descriptions overleaf or ask at Reception for more information.</p>		10.30-11.00 LATINO DANCE <i>Rach P</i>
7.30 - 8.15 BEGIN SPIN <i>Rach P</i>	<p>Classes in white are unlimited on all gym & class memberships</p>				11.00-11.45 PILATES <i>Rach P</i>
7.45- 8.45 VINYASA FLOW <i>Rachel G</i>	<p>Classes in pink are an additional cost for all members</p>				
	<p>Online booking at www.clubzest.co.uk</p>				

 @ClubZestFulwell

 /Club Zest Ladies Leisure



Yoga	Ideal for anyone who wants to increase muscle tone, strength & flexibility. Yoga is ideal for stress relief & relaxation.
Pilates	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.
Abs & Bottom's Up	A great class for those wishing to tighten their tummies and boost their bums!
HIITSTEP	An intense 30 minute interval workout using exercises based purely around a step.
Kettlebells	A high energy class using Kettlebells to strengthen and tone specific areas of the body
Pump	A great weight workout! Using weights to increase strength and define muscles. Work at your own pace, no complex choreography to follow, just you and the weights!
Bodyworx	A fully loaded weight training class focussing on power and technique. Perfect for those looking to get sweaty, strong and sculpted!
Power Yoga	This class is fun and flowing! Upbeat music fuels you through sequences. Prepare to hold poses, burn and shake. Suitable for all levels of fitness, however not suitable for those with injuries.
HIIT	What it stays on the tin—a High Intensity Interval Training session. A quick 30 minute blast, designed to get you hot, sweaty and burn some serious fat!
Piloxing™	A high energy fusion of boxing, Pilates and dance. A great all round fitness and toning class.
POUND™	Rockout—Workout! Rock your weighted drumsticks to thumping rock tunes and feel the burn! A fantastic core and toning class.
Clubbercise	Dance aerobics to club classics from the 90's to now...in the dark with disco lights and glow sticks—what's not to love?!
Gym Bootcamp	Based in the gym rather than the studio, we use a variety of weighted and body weight exercises to get the best results possible. No two sessions are the same.
Pad work	A high intensity workout using boxing gloves and pads. Learn correct boxing technique and work up a sweat as you unleash your inner fighter!
ARISE	Wake up and work out! Based in the gym, this early Monday morning circuit class is sure to set you up for the week ahead. No Monday blues here!
Stretch & Tone	A gentle and low impact class specifically designed for women over the age of 55. Ideal for those with injuries or health problems, or who simply prefer a slower paced class.
Zumba® /Latino Dance	The Latin inspired salsa easy dance class - ditch the workout - join the party! Low impact, and above all, super fun!
Begin Spin	An easy paced, technique based introduction to indoor cycle sessions - great fun & a great workout!
Spinning	An amazing 45 minute workout designed with fun in mind! Cycle up a sweat with in our spin studio complete with the latest tunes to keep you motivated!
Retro Aerobics	An upbeat aerobic workout—grapevine your way through all of your favourite nostalgic tunes from the 80's and 90's.
Vinyasa Flow	A dynamic class connected to your breathing, suitable for all levels and includes seated and standing poses. Prepare to sweat!

10 CLASS PASS	£35
NON-MEMBER CLASSES	£4 PER CLASS
GYM BOOTCAMP (EARLY MORNING)	£5 PER SESSION
GYM BOOTCAMP (LATE MORNING & AFTERNOON)	£3 PER SESSION
VINYASA FLOW	£8 NON-MEMBERS £6 MEMBERS

IMPORTANT INFORMATION:

Please ask a member of staff if you are unsure of any class details.
 If you have a medical condition or injury please inform the instructor before the class.
 Appropriate clothing and trainers must be worn.
 Please make sure you cancel classes with as much notice as possible if you cannot attend.

BOOKINGS:

Online or using the ClubRight App (accessible via Clubzest.co.uk) - 8 days in advance
 At reception or via telephone - 7 days in advance