

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6.15-7.00 BOOTCAMP</b> <i>Jennie £4</i>		6.30-7.00 SPINNING <i>Nadine</i>	<b>6.15-7.00 BOOTCAMP</b> <i>Jennie £4</i>	
9.10-9.40 KETTLEBELLS <i>Lorraine</i>	9.15-9:45 UPPER BODY STRENGTH <i>Jennie</i>	<b>8.00-8.45 BOOTCAMP</b> <i>Jennie £4</i>			<b>7.00-7.45 BOOTCAMP</b> <i>Jennie £4</i>
9.45-10.15 SPINNING <i>Lorraine</i>	<b>10-10.45 RETRO AEROBICS</b> <i>Lorraine £2 members/£4 non-members</i>	9.15-9.45 LOWER BODY STRENGTH <i>Jennie</i>	9.15-9.45 GLOW FIT <i>Lorraine</i>	9.00-10.00 PILATES <i>Elaine</i>	8.30-9.00 SWEATY SATURDAY <i>Jennie</i>
10.15-11.00 YOGA <i>Sandra</i>	<b>10.45- 11.30 STRETCH &amp; TONE</b> <i>Lorraine £3</i>	10.00-10:30 ZUMBA <i>Lorraine</i>	9.45-10.15 BOOTY BURNER <i>Lorraine</i>	9.30-10.00 SPINNING <i>Jennie</i>	9.00-9.30 KETTLEBELL HIIT <i>Jennie</i>
<b>1.00-1.45 BOOTCAMP</b> <i>Lorraine £4</i>			10.30-11.00 SPINNING <i>Holly</i>	10.00-10.45 PILOXING™ <i>Jennie</i>	9.30-10.00 SPINNING <i>Jennie</i>
					10-10.30 POUND™ <i>Ashleigh</i>
5.15-5.45 FULL BODY STRENGTH <i>Jennie</i>	5-5.30 BOXERCISE <i>Jennie</i>	5.00-5.30 HIIT STEP™ <i>Ashleigh</i>	5.30-6.00 ABS BLAST <i>Kate</i>		10.30-11.00 BADASS™ <i>Ashleigh</i>
5.45-6.15 ABS BLAST <i>Jennie</i>	5.30-6 BOOTY BURNER AND ABS <i>Jennie</i>	5.30-6.15 PILOXING™ <i>Jennie</i>	6.00-6:45 PUMP <i>Sue</i>	5.30-6.00 INTERVALS <i>Kate</i>	<b>SUNDAY</b>
5.45-6.15 SPINNING <i>Nadine</i>	6-6.30 CLUBBERCISE <i>Lorraine</i>		6.15-6.45 SPINNING <i>Nadine</i>		9.15-9.45 BODYBLITZ <i>Jennie</i>
6.30-7.15 PILATES <i>Jennie</i>	6.30-7.00 SPINNING <i>Holly</i>	7.00-8.00 YOGA <i>Michelle</i>			9.45-10.30 PILATES <i>Jennie</i>
	<b>6.30-7.15 BROADWAY BOOGIE</b> <i>Tanya £2 members/£4 non-members</i>				
7.30-8.00 SPINNING <i>Nadine</i>		8.00-8.30 CLUBBERCISE <i>Lorraine</i>			

 /Club Zest Ladies Leisure

 @ClubZestFulwell



clubzest.co.uk  
0191 5169898



<b>YOGA</b>	Ideal for anyone who wants to increase muscle tone, strength & flexibility. Yoga is ideal for stress relief & relaxation.
<b>PILATES</b>	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.
<b>ABS BLAST</b>	A great class for those wishing to strengthen their core.
<b>KETTLEBELL HIIT</b>	A high energy class using a Kettlebells to strengthen and tone specific areas of the body combined with cardio exercises. Available as 'Kettlebells' a without the HIIT element.
<b>PUMP</b>	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!
<b>STRENGTH</b>	Available in full body, upper body and lower body. A fully loaded weight training class focussing on power and technique. Perfect for those looking to get sweaty, strong and sculpted!
<b>SPINNING</b>	Indoor cycle to choreographed to music from various eras and genres. Nowhere does spin quite like us!
<b>PILOXING™</b>	A high energy fusion of boxing, Pilates and dance. A great all round fitness and toning class.
<b>BOOTCAMP</b>	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.
<b>BOOTY BURNER</b>	A class designed to target those glute muscles. Also available as combined class - Booty Burner and Abs.
<b>STRETCH AND TONE</b>	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.
<b>ZUMBA®</b>	The Latin inspired salsa easy dance class - ditch the workout - join the party! Low impact, and above all, super fun!
<b>INTERVALS</b>	Similar to HIIT, a high intensity workout but using body weight and equipment.
<b>RETRO AEROBICS</b>	An upbeat aerobic workout - grapevine your way through all of your favourite nostalgic tunes from the 80's and 90's.
<b>CLUBBERCISE/GLOW FIT</b>	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?!
<b>BADASS</b>	A choreographed fitness class combining Street Dance and Combat. Perfect if you want to break a sweat, tone your muscles and improve your balance and have fun doing it!
<b>SWEATY SATURDAY</b>	A combination of exercise techniques guaranteed to have you working hard!
<b>HIIT STEP</b>	HIIT format using only bodyweight and a step. A great class to get a sweat on!
<b>BROADWAY BOOGIE</b>	A high energy dance fitness workout inspired by Broadway and musical theatre.
<b>BODY BLITZ</b>	An all over body workout using body weight, weights and other equipment.

**NON-MEMBER CLASSES & BOOTCAMPS £4 PER CLASS**

**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) - 7 days in advance  
 At reception or via telephone - 7 days in advance

