

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6.15-7.00 BOOTCAMP <i>Jennie £5</i>	7.00-7.45 SUNRISE PILATES <i>Jennie</i>	6.30-7.00 SPINNING <i>Nadine</i>	6.15-7.00 BOOTCAMP <i>Jennie £5</i>	
9.10-9.40 KETTLEBELLS <i>Lorraine</i>	9.15-9.45 UPPER BODY STRENGTH <i>Jennie</i>	8.00-8.45 BOOTCAMP <i>Jennie £5</i>	8.00-8.45 BOOTCAMP <i>Kate £5</i>	7.00-7.45 SUNRISE PILATES <i>Jennie</i>	7.00-7.45 BOOTCAMP <i>Jennie £5</i>
9.45-10.15 SPINNING <i>Lorraine</i>	10-10.45 RETRO AEROBICS <i>Lorraine £2 members</i> <i>£4.50 non-members</i>	9.15-9.45 LOWER BODY STRENGTH <i>Jennie</i>	9.15-9.45 CLUBBERCISE <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>	10.45- 11.15 STRETCH & TONE <i>Lorraine £3</i>	09.45-10.15 SPINNING <i>Jennie</i>	9.45-10.15 BOOTY BURNER <i>Lorraine</i>	9.45-10.30 FULL BODY BLITZ <i>Jennie</i>	9.00-9.30 KETTLEBELL HIIT <i>Jennie</i>
		10.00-10:30 ZUMBA <i>Lorraine</i>		10.30-11.00 SPINNING <i>Jennie</i>	9.30-10.00 SPINNING <i>Jennie</i>
1.00-1.45 BOOTCAMP <i>Lorraine £5</i>					10-10.30 ZUMBA <i>Ashleigh</i>
		5-5.30 BOXERCISE <i>Jennie</i>	5.15-5.45 BADASS™ <i>Ashleigh</i>		10.30-11.00 BADASS™ <i>Ashleigh</i>
5.30-6.00 FULL BODY STRENGTH <i>Jennie</i>	5.30-6.00 BOOTY BURNER & ABS <i>Kate</i>	5.30-6.15 FULL BODY BLITZ <i>Jennie</i>	5.45-6.15 ABS BLAST <i>Kate</i>	5.30-6.00 INTERVALS <i>Kate</i>	SUNDAY
6.00-6.30 ABS BLAST <i>Jennie</i>	6.00-6.30 ZUMBA <i>Lorraine</i>		6.15-7.00 STRENGTH <i>Nadine</i>		9.30 BODYBLITZ <i>Jennie</i>
6.00-6.30 SPINNING <i>Nadine</i>	6.30-7.00 SPINNING <i>Holly</i>	7.00-8.00 YOGA <i>Michelle</i>	7.00-7.30 SPINNING <i>Nadine</i>		10.05 PILATES <i>Chris</i>
6.30-7.15 PILATES <i>Jennie</i>	6.30-7.00 CLUBBERCISE <i>Lorraine</i>				
	7.00-7.30 FULL BODY STRENGTH <i>Kate</i>				

 /Club Zest Ladies Leisure

 @ClubZestFulwell



clubzest.co.uk
0191 5169898



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 BLAST	A great class for those wishing to strengthen their core.
KETTLEBELL HIIT	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.
SWEATY SATURDAY	A combination of exercise techniques guaranteed to have you working hard!
STRENGTH	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!
SPINNING	Indoor cycle to choreographed to music from various eras and genres. Nowhere does spin quite like us!
BODY BLITZ	An all over body workout using body weight, weights and other equipment.
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.
BOOTY BURNER	A class designed to target those glute muscles. Also available as combined class - Booty Burner and Abs.
STRETCH AND 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®	The Latin inspired salsa easy dance class - ditch the workout - join the party! Low impact, and above all, super fun!
INTERVALS	Similar to HIIT, a high intensity workout but using body weight and equipment.
RETRO AEROBICS	An upbeat aerobic workout - grapevine your way through all of your favourite nostalgic tunes from the 80's and 90's.
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?!
BADASS	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!

NON-MEMBER CLASSES £4.50
BOOTCAMPS £5
EXPRESS CLASSES £3
STRETCH & TONE £3



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

