



Castle Country Club

CLASS TIMETABLE 2012

Appointment:
 Fitness Instructor:

FREE PERSONAL TRAINING

- Join our structured program of personalised fitness training
- Meet or exceed your goals with your personal trainer
- Ask staff today, spaces are limited
- Three large swimming pools – unrestricted swimming
- Totally refurbished gym – latest StarTrac equipment
- New children's gym - The FitZone for active, healthy kids
- Thermal spa – sauna, steam, jacuzzi, aroma shower & ic room
- Full racquets centre – badminton, tennis, squash & table tennis
- Solarium – get ready for summer! Very active kids clubs – holidays & term time
- Dance Studio – great timetable, no bookings – FREE to members
- Kickboxing, Ballet, Zumba, Kettle Sculpt – FREE to members

OPENING TIMES FOR BUSY LIFESTYLES	
Monday - Friday	06.45 - 23.00
Saturday	08.30 - 21.15
Sunday	08.30 - 22.30

HEALTH & FITNESS FOR EVERYONE

FitZone Timetable

all classes are supervised by a fitness instructor

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open-11.00	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults
11.00-12.00	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	FitZone Circuits	FitZone Circuits
12.00-14.00	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults
16.00-17.00	FitZone Programs	Open to Adults	FitZone Circuits	Open to Adults	FitZone Circuits	FitZone Circuits	Open to Adults
17.00-18.00	FitZone Training	Open to Adults	FitZone Programs	Open to Adults	FitZone Programs	Open to Adults	Open to Adults
18.00-19.00	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults
19.00-Close	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults	Open to Adults

Open to Adults - over 16's and no supervision

FitZone for Children - To use **FitZone Circuits** all children must have an induction. Minimum age and suitability is defined principally by physical maturity and height, and access is at the Gym Manager's discretion. For **FitZone Programs** all children must have completed a program card. Inductions and programs are booked at reception.



Time	Class	Intensity	Location	Instructor
MONDAY				
08.00 – 09.00	Pilates Mat Based	3	Dance Studio	Jane
09.15 – 10.15	Yoga	2	Dance Studio	Janice
09.15 – 10.00	Aqua Aerobics **†	2	Pool	Jane
10.00	Rowton Runners	5	Reception	Gym Team
10.15 – 11.15	Tums & Bums	4	Dance Studio	Jane
12.00 – 13.00	Functional Fitness	2	Dance Studio	Marion
16.30 – 17.30	Junior Kickboxing © L	4	Dance Studio	Rachel
18.00 – 19.00	Latin Aerobics	4	Dance Studio	Jane
18.00 – 18.45	Spinning ***	5	Spin Studio	Gym Team
18.45 – 19.30	Kickboxing Fitness L	5	Hall	Rachel
19.00 – 19.45	Spinning ***	5	Spin Studio	Gym Team
19.00 – 20.00	Pilates Mat Based	4	Dance Studio	Jane
19.30 – 20.30	Kickboxing Squad Training L	5	Hall	Rachel
20.00 – 21.00	Step	4	Dance Studio	Janice
TUESDAY				
09.15 – 10.15	Pilates Mat Based	3	Dance Studio	Jane
10.15 – 11.00	Swiss Ball Class	3	Dance Studio	Julie
10.30 – 11.30	Aqua Aerobics †	4	Pool	Jane
11.30 – 12.00	Swim a Song for Toddlers		Pool	Jane
12.00 – 13.00	Functional Fitness	2	Studio	Marion
16.00 – 17.00	Ballet ©		Dance Studio	Annie
17.00 – 18.00	Ballet ©		Dance Studio	Annie
18.00 – 18.45	Spinning ***	5	Spin Studio	Gym Team
18.15 – 19.15	Zumba	4	Dance Studio	Sarah
19.00 – 19.45	Spinning ***	5	Spin Studio	Gym Team
19.30 – 20.30	Yoga	2	Dance Studio	Janice
19.30 – 20.30	Masters Swim Set ***	5	Pool	Phil
19.45 – 20.45	Circuits	5	Hall	Gym Team
WEDNESDAY				
09.30 – 10.30	Aero Tone	4	Dance Studio	Jane
11.00 – 12.00	Pilates Ball & Band	3	Dance Studio	Jane
11.15 – 12.15	Spinning ***	5	Spin Studio	Sam
17.00 – 18.00	Fit Kids		Hall	Kids Team
17.00 – 18.00	SYTRI Spinning ***	5	Spin Studio	SYTRI
17.00 – 17.55	Zumba	4	Dance Studio	Sarah
18.00 – 18.45	Boot Camp Body Workout	4	Dance Studio	Jane
18.00 – 19.00	SYTRI Spinning ***	5	Spin Studio	SYTRI
18.45 – 19.30	Pilates Ball & Band	3	Dance Studio	Jane
19.00 – 20.00	SYTRI Spinning ***	5	Spin Studio	SYTRI
19.45 – 21.15	Yoga	2	Dance Studio	John
19.45 – 20.30	Aqua Aerobics	4	Pool	Jane
THURSDAY				
09.15 – 10.15	Step 'O' Tone	4	Dance Studio	Janice
10.30 – 11.30	Aqua Aerobics	3	Pool	Jane
10.30 – 11.30	Yoga	2	Dance Studio	Janice
12.00 – 13.00	Functional Fitness	2	Dance Studio	Marion
18.00 – 19.00	Aikido +		Squash Courts	Richard
18.00 – 18.45	Spinning ***	5	Spin Studio	Gym Team
19.00 – 19.45	Spinning ***	5	Spin Studio	Gym Team
19.00 – 20.00	Aikido +		Squash Courts	Richard
19.35 – 20.30	Yoga	2	Dance Studio	Janice
19.45 – 20.45	Circuits	5	Hall	Gym Team
FRIDAY				
09.15 – 10.15	Latin Aerobics	4	Dance Studio	Jane
09.30 – 10.00	Mini Fit Kids		Squash Courts	Amanda
10.15 – 11.15	Pilates Ball & Band	3	Dance Studio	Jane
10.15 – 11.00	Spinning ***	5	Spin Studio	Gym Team
11.00 – 11.45	Yoga	2	Dance Studio	Jane
16.00 – 17.00	Dance Club (7-11 years) ©		Dance Studio	Claire
17.00 – 18.00	Dance Club (12-15 years) ©		Dance Studio	Claire
17.00 – 18.00	Fit Kids		Hall	Kids Team
18.15 – 19.15	Kickboxing Squad Sparring L	5	Dance Studio	Rachel
18.30 – 19.30	Spinning ***	5	Spin Studio	Gym Team
SATURDAY				
09.00 – 09.45	Spinning ***	5	Spin Studio	Gym Team
09.00 – 13.00	Swimming Lessons +		Pool	Phil
10.00 – 11.00	Step	4	Dance Studio	Janice
10.30 – 12.30	Aikido +		Squash Courts	Richard
11.15 – 12.15	Zumba	4	Dance Studio	Claire
SUNDAY				
10.00 – 11.00	Pilates	3	Dance Studio	Craig
11.00 – 12.00	Kettle Sculpt	5	Dance Studio	Craig
11.00 – 12.00	Aqua Fun		Pool	Staff

MEMBERS ONLY CLASS TIMETABLE and DESCRIPTIONS



SPINNING - An excellent cardio workout that really burns the calories.

MASTERS SWIM SET - Cardiovascular training for competent swimmers.

STRENGTH, STRETCHING & FLEXIBILITY - A class of postures designed to strengthen and tone your body and increase flexibility.

WATER BASED WORKOUTS - Includes fun based kids activities as well as water based aerobic exercises.

AEROBIC BASED WORKOUTS - A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.

SKILL ACQUISITION CLASSES - Skills acquisition training.

TEEN & KIDS CENTRED CLASSES - A full program of activities aimed at teenagers and children.

FUNCTIONAL FITNESS FOR SENIOR MEMBERS - Specially designed to match each class member's ability & based around gentle exercise that will stretch but not over challenge.

RESISTANCE & CARDIO BASED CLASSES - Higher impact classes using your own body resistance and free weights to enhance your workout.



*** Pre-bookable + Additional charge made

† For beginners © Term time only L Limited Numbers

Intensity: 1 = Easy 5 = Strenuous