

Minimum 24 hours cancellation policy		24/01/2012		STUDIO 2		STUDIO 1		SPINNING	
Tollgate Hotel & Leisure Tel: 01782 - 31 30 29 e-mail: mail@tollgate.co.uk tollgate.co.uk				MON <i>7pm Dance Classes with Pam Perkin</i> Tel. 01782 - 643475		10.00am 5.30pm 6.15pm 7.00pm Rachel -Circuits Rachel - Kettlercise™ Rachel - Step Rachel - Zumba™		5.00pm 6.00pm Gary Simon	
	Platinum & Silver*	Sports Member	Non-Member	TUES	6.00pm	Angie - YOGA TONE	6.00pm 7.00pm	Mike - Bodi-Fit Sarah - Kettlercise™	10.00am 5.00pm 6.00pm Rachel Gary Tracey
Aerobics, Step, Boxing-Fit, Bodi-Fit, Yoga & Kettlercise™	FREE	£2.50	£3.50						
Zumba™	FREE	£2.50	£4.00						
Fitness Morning	FREE	£2.50	£3.50						
Spinning	FREE	£2.50	£3.50	WED	8.00pm till 10.30pm	Paul - Spar Club (Excellent aerobic workout for ladies too)	10.00am 11.00am 6.00pm 7.00pm 7.45pm	Rachel - Kettlercise™ Rachel - Zumba™ Rachel - Zumba™ Rachel - Kettlercise™ Rachel - Zumba™	6.00pm 7.00pm Bob Bob
Spinning (Weekday Morning)	FREE	£2.50	£3.50						
Gym	FREE	£4.00	£5.00 or with a member £3.50	THURS	6.00pm	Angie - YOGA TONE	6.00pm 7.30pm 8.30pm	Nick - Kettlercise™ Ju-Jitsu (Juniors) Ju-Jitsu (Adults)	10.00am 5.00pm 6.00pm Rachel Gary Simon
THERE IS A BABYSITTING SERVICE ON TUESDAY AND FRIDAY MORNINGS AT 10AM FOR AN HOUR...£1									
<u>Level of Classes</u> Our classes are suitable for all levels of ability. However, please inform the instructor if you are new to any class. Yoga Tone is yoga based to music. This is an intermediate class.				FRI			10.00am 11.00am 6.00pm 7.00pm & 8.00pm	Rachel - Step Rachel - Zumba™ Nick - Kettlersize Taekwondo (Juniors & Adults)	5.00pm 6.00pm 7.00pm Tracey Bob Bob
PLATINUM MEMBERSHIP from just £35.50 per month (12 month contract) or £38.00 per month (No contract)				SAT			10.30am	Rachel - Kettlercise™	4.00pm Tracey
SILVER/OFF PEAK MEMBERSHIP from just £26.50 per month (12 month contract) or £29.00 per month (No contract) Both with no joining fees - simply choose contract or non-contract rates UNBELIEVABLE VALUE!				SUN			10:00am 4:00pm 5:30pm	Sharon - Zumba™ Sarah - Kettlercise™ Lisa P. - Zumba™	10.00am 10.30am FREE 30 min. introduction to SPINNING with Bob Bob

Classes free to Platinum members at all times and to Silver members at off-peak times

Peak Times are 4pm or later on weekdays, Off Peak at all other times

All classes are 45 to 50 minutes in duration