











New timetable for 2012 – All are welcome at G&T's - £4.50 per class
Research proves shorter classes are more effective! We are so ahead!




Monday	Tuesday	Wednesday	Thursday	Friday
FF YOGA 9.15 – 10 NOT traditional Yoga! Try it! So good for your flexibility. A lovely start to the week!	SUPER SETZ! 50+ Weights class.9.15 – 10.00 	MASTERCLASS IN KETTLEBELLS! 9.15-10. KB's – liberating, strength building, and great fun. The ultimate toning session	FREE-WEIGHTS BLITZ 9.15 – 10 this is a weights class – a little more advanced than Tuesdays. Come along & go light! Superb for fat loss	BEGINNERS PILATES 9.15 – 10.00 Perfect for everyone and fantastic for posture and strength. Very helpful for bad backs and weak tummies or pelvic floor.
	HYBRID Pilates 10.05 – 10.55. A mix of roller, weighted and traditional Pilates			RBT BRILLIANCE! (a metabolic weights sequence & part of either Pilates) 10.15 on the dot please!
		TABATA morning (gym members only)		ATHLETIC PILATES (medium-hard, weighted) 10.30 – 11.15
	During gym hours you can ask us for: Tabata, mini boxing circuits, RBT, gym circuits, or the 25 'gym challenges' in our portfolio, a 'core' tutorial, or simply ask to update your weights, all within your normal gym workout. Some of these activities would need small groups of 2- 4 people, rather than 1-2-1. This is the strength of G&T's – you need never feel bored, plateau, or stop learning new tricks! We pride ourselves on this. <u>JUSTASK.</u> Note: We are un-staffed from 2-5 p.m so no pop-in enquiries then thanks!			
		FAT WALL 5 -5.45		
BOXING CIRCUITS – easy – gets the day's angst OUT! 6- 6.45 Stay for RBT (8 minutes)	ATHLETIC PILATES 6- 6.45 (easy - medium hard, DO try this class – use no weights!	CANDLELIGHT PILATES ## 6 – 6.45 Dark, warm, stretchy, eastern. 	FF YOGA 6 – 6.45. NOT traditional Yoga! No chanting or spirituality. Try it! SO good for you	CLOCKWORK CARNAGE (easy circuits despite the name!) Wacky & random, a fab way to finish the week! 6 – 6.45 
GYM CIRCUITS INC RBT WITH Cheryl 6.30 – 7.15	CIRCUITS – a different idea each week 6.50 – 7.35		BODY SHOCK! 6.50 – 7.35 Conditioning class Kettlebells <u>may</u> be included!	Coming soon: Friday nights at G&T's are going to get FUN if we have our way!! Sociable! NOT exercise but competitive!

Gym open 5-9 inc w/ends, to all those on d/d packages

All our classes will start at 9.15 PERFECT for post school drop off and there really is something for everyone - we've designed it that way!

 Starting 4th January – FREE weigh in for all! You will find this deadly effective. Every first Weds of the month get a full Body Composition Analysis done at G&T's between 5 – 5.40 p.m SO much more than just a weigh in. Catch? You have to join the fat wall but that is exactly why it works ask for details!

You can choose from two packages: (Gym requires membership, classes do not!)

- For just **£33.00 per month** (direct debit), you can come to any/all of these classes, including gym membership and Inductions, as often as you like, for as long as you like - stay for 2 hours if you want to, or even do two sessions back to back! To those on d/d, the Club is open from 5 a.m – 9 p.m. Gym membership is also free for d/d payers. You need to commit to a year on d/d with G&T's to get this rather special deal. No appointments necessary (other than the Induction session/s). 1-2-1 training provided and programme design included. Progression sessions available and included (by appt so we can help you 1-2-1)
- Or you can opt for: **pay as you go**, paying £6.00 per gym session, £4.50 for classes. The Gym membership has a 1-off joining fee of £35 on this package. 1-2-1 training and progression also included All classes are drop in, all welcome!
 gym closed for this session

As we run so many classes, we are rarely over-crowded – this means you get much more attention from Cat (Personal Trainer & Fitness Instructor of the Year, Wales 2006). Ditto the Gym – 12 machines and a large weights area means you can always get on!

Please phone 01497 822995 or call in to: 10, Broad Street, Hay on Wye, (behind The Rose & Crown). We reserve the right to make changes to this timetable. You can see up to the minute changes at: 'Timetable' www.gymandtonichay.co.uk, & 'notes' www.weightandsee.ning.com it is good to check in case of staff holiday too! (rare!!). Weight & See is FULL of info on wellness too!