

**Research proves shorter classes are more effective! We are so ahead!**



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>KETTLEBELL CLASS 9.15-10</b> ★ FROM SEPT 27th	FREE.WEIGHTS BLITZ 9.15 - 10	BEGINNERS PILATES 9.15 – 10.00
CLOCKWORK CARNAGE ★ 9.45 – 10.30	SUPER SETZ! 9.45 – 10.30	TABATA	NEW: Gym circuits for <u>older ladies!</u> 9.45 - 10	RBT BRILLIANCE! (weights sequence) 10 – 10.30
DEDICATED STRETCHING ★ 10.30 - 11	FOAM ROLLER WORKSHOP 10.30 - 11	TABATA – a.m Til 1'OC	DEDICATED STRETCHING ★ 10.00 – 10.30	ATHLETIC PILATES 10.30 – 11.15

**Gym open even at the week ends to those on the D/D package**

During gym hours you may be offered/can ask 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. JUST ASK.

We are un-staffed from 2-5. Direct debit packages – all hours entry system!!

BOXING CIRCUITS (+stay for rbt, if you want ! 6- 6.45	ATHLETIC PILATES 6- 6.45 <b>FROM SEPT 6TH</b> ★	CANDLELIGHT PILATES ★ 6 – 6.45	FF YOGA 6 – 6.45 <b>FROM SEPT 29TH</b>	CLOCKWORK CARNAGE 6 – 6.45
GYM CIRCUITS INC RBT WITH Cheryl 6.30 – 7.15	'FIERCE FEMAILS & MAD MEN' CIRCUITS! <b>6.50 – 7.35</b>	WEIGHT & SEE is available on line Go to: <a href="http://www.weightandsee.ning.com">www.weightandsee.ning.com</a>	BODY SHOCK! 6.50 – 7.35 Inc. kettlebells! New time from end	The Quest. On hold but <u>not forgotten!</u> It is too good to let go, but lots of work to start! Hope for January

**(and all through the day)**

## You can choose from two packages:

1. For just **£33.00 per month** (direct debit), you can come to any/all of these classes, including the gym, 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 6 a.m – 9 p.m, and you can drop in anytime for as long as you like! 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.

Or 2. You can opt for: **pay as you go**, paying £6.00 per gym session, £4.50 for classes or £3 for the ½ hour classes. The Gym membership has a 1-off joining fee of £35 on this package.

NB. '**TABATA**' is for gym members and is part of a normal gym session (and optional)

★ Gym closed here for Candlelight Pilates. ★ Term time only for these sessions

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 changes at: 'Timetable' [www.gymandtonichay.co.uk](http://www.gymandtonichay.co.uk), & 'notes' [www.weightandsee.ning.com](http://www.weightandsee.ning.com)

We are committed to providing AT LEAST 15 classes per week (as you can see it is way more)!  Recently new classes and/or new times