

G&T's Timetable, MEN TOO!!!!

Please join the lively weightandsee.ning.com for the most up-to-date information and new Instructors/classes. Besides this, it is a wealth of information. See the videos section for Aerobics work out with Cat, so you can come rehearsed & ready to rock!



It is always a good idea to call regarding these classes as they are subject to change, in terms of: time, instructor, being added to, or possible holidays!



Mondays:

9.30 – 11.00 Hatha Fitness Yoga. Emma £5 01497 831704
6.00 – 7.00 Boxing Circuits Cat £5 01497 822995
7.00 – 8.00 Weight & See Meetings and/or every second Mon of month*! Cat *FREE 01497 822995

Tuesdays:

11.15 – 12.15 Freestyle Pilates with Foam Rollers. Cat £5 01497 822995
1.00 - 2.00 Boxercise for all with Simone £5
2.00 - 3.00 Beginners- Intermediate Aerobics with Simone £5
7.00 - 8.00 Men and Women Circuits. Cat £5 01497 822995



Wednesday:

All morning – TABATA day at the gym (for gym members)
6.00 – 7.00 Candlelight Pilates with Cat £5 01497 822995
NEW 7.00 – 8.00 – Mad Men's Masterclass **(MIMM)** - tough and challenging with Cardio/Pilates/Tabata intervals £5 Cat



Thursday:

9.00 -10.00 Free weights Blitz! with Cat £5 01497 822995
NEW 6.00 - 7.00 Surprise Exercise for total beginners! Cat £5 01497 822995



Friday:

10.00-11.00 Beginner Freestyle Pilates. Cat £5 01497 822995
11.15-12.15 Freestyle Pilates Intermediate- Advanced. Cat £5 01497 822995
6.00-7.00 Dance Aerobics. Cat £5 01497 822995 – sweaty and fab!



All week: Power plate training as used by many celebs! – no membership req'd - call for details

NEW: Saturdays from 24th April - Pregnancy Yoga and meditation with Georgie 01544 231304

Every last Saturday:

4 Hours 'Country-Fit' Cat (often including Volleyball in a swimming pool)
From £10.00, depending on activities. Booking essential 01497 822995 The best fun!!



Gym & Tonic Health Club: 01497 822995
www.gymandtonichay.co.uk – our brochure site.
www.weightandsee.ning.com – sheer fun & interactive site with latest changes to timetable.

SUNDAY STEAMER

**½ HR IN STEAM ROOM,
½ HOUR MASSAGE WITH
Jenny, ½ hour on the Vibro
plate – any combination of
these! by appointment**

From £15

LATEST GYM NEWS: NEW SKIING SIMULATOR FOR THE GYM IS IN!!! 1 MOVE FREELY 18 WEEK COURSES STARTING SOON – (BIOMECHANICS) +++ STUDIO CLASS SESSIONS BY CAT (ABOVE) NOW FROM £25 PER MONTH UNLIMITED SESSIONS SO INSANELY CHEAP!..(OFFER UNTIL MAY)..CALL FOR MORE!!