

G&T's Timetable

Please join the lively weightandsee.ning.com for the most up-to-date information and new Instructors/classes.

These details are subject to occasional changes



Mondays:

9.30 – 11.00 Hatha Fitness Yoga. Emma £5 01497 831704
6.00 – 7.00 Boxing Circuits Cat 01497 822995 - **NEW**
7.00 – 8.00 Weight & See Meetings £5 01497 82295

Tuesdays:

11.15 – 12.15 Freestyle Pilates with Foam Rollers. Cat £5 01497 822995
1-2 Boxercise for all with Simone
2-3 Beginner- Intermediate Aerobics with Simone
6 – 7 Men and Women Circuits. Cat £5 01497 822995

Wednesday:

All morning – TABATA day at the gym (for gym members)
6 – 7 Candlelight Pilates with Cat 01497 822995 **STARTS NEW YEAR**
7.00 – 8.00 Latino Dance with Mely £5 07837160505

Thursday:

9 – 10 Free weights Blitz! **NEW** with Cat 01497 822995
6.00 – 7.00 SURPRISE EXERCISE!! What you going to get??. Cat £5 0149

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

All week: Vibro Station (power plate training) – no membership req'd - call for details

Every last Saturday:

4 Hours 'Country-Fit' Cat (often including Volleyball in a swimming pool) From £10 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
1/2 HR IN STEAM ROOM,
1/2 HOUR MASSAGE WITH Jenny, 1/2
hour on the Vibro plate – any
combination of these! by
appointment From £15