

**Class Prices** (Pay as you go prices)



**GymPlus Membership** – Includes all classes unless stated.

**Pay as you go prices:**

30 minute classes	£4.00
45 minute classes	£5.00
60 minute classes	£6.00
Clinical Pilates	£6.00

### Booking

We operate a 6-day advanced booking system for classes. Members can book classes via the GymMaster app.

### Health Screening

If you are concerned that you have a medical condition that might interfere with you exercising safely you should obtain advice from a relevant medical professional. Please disclose any appropriate medical or health information to the instructor prior to the class.

### Membership Prices (monthly unless stated)

ClubAZ Membership	£2.50
Gym Membership	£15.00
GymPlus Membership	£20.00
Lottery Membership (10 shares)	£4.33
Junior Gym (per session)	£3.00
Childcare Membership (£5 for link members)	£2.00

Scan this QR code and click 'sign up' to join



### Hulley's Facility Opening Times

Mon – Fri - 6am-9pm; Sat & Sun - 8am-4pm

Tel: 01625 512929 (ext. 22929)

[www.clubaz.co.uk](http://www.clubaz.co.uk)

### Class Descriptions

**Strength, Tone & Endurance**

**Mind & Body**

**Cardio**

#### ClubRide

Classic instructor-led indoor cycling class simulating hills, intervals, sprints and flat terrain tempos.

#### ClubSpivi

Interactive Instructor-led cycling class using our unique Spivi system and free downloadable app incorporating intervals, hills and challenges along the way.

#### Virtual Velo (No Instructor)

Virtual cycling class following an on-screen structured workout. Participants are advised to have an active and up to date Spivi profile for this class.

#### ClubRun

A guided 4km route from Rugby Drive playing fields to 'Bolly and back' along the Middlewood Way. Suitable for all levels.

#### FitDance

An energetic, up beat dance fitness class featuring all of your favourite strictly dances. You don't need a partner! Intermediate to advanced class.

#### Zumba Fitness

Dance based fitness class that combines Latin and International music with easy to follow dance moves.

#### ClubBarre

A ballet inspired toning and core workout helping postural muscles.

#### ClubStep

Back to old school with high tempo aerobics using a step platform.

#### ClubCircuit

Designed to improve strength, stamina and mobility using a large variety of upper & lower body exercises in a circuit format.

#### Total Tone/Total Body Blast/ClubTone/Fusion Tone/Tabata Tone

All over body toning and strength classes using alternate techniques with resistance from weights or your own body weight.

#### Tone Circuit & Stretch

A 30-minute toning circuit followed by 15 minutes of dynamic stretching.

#### Boxing Bootcamp

A mix of boxing pad work and bodyweight exercises for a total body workout.

#### ClubRig/Express Rig

Functional circuit training using the rig and equipment on the gym floor.

#### ClubHIIT

Toning and Cardio based session focusing on a total body workout.

#### Sports Conditioning (8 week course (8<sup>th</sup> Jan – 26<sup>th</sup> Feb))

Joint stability, muscular strength and imbalance work with a focus on injury prevention specific to sport movements.

#### ClubYoga/Yoga 4 All

A spiritual and aesthetic discipline focusing on specific bodily postures, breathing and meditation.

#### Clinical Pilates – Physio Led

Improvement and maintenance of spinal health, posture, core and flexibility. Compliments sports & fitness activities as well as everyday function.

#### Pilates

Focuses on improving the body's core strength and posture.

#### Sports Pilates

Modern Pilates designed to improve sports performance focusing on strength, balance, co-ordination and dynamic movement.

## Class Timetable

Jan – Mar 2025



<b>Monday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
07.00 – 07.45	Tone Circuit & Stretch	David Bailey
12.00 – 13.00	Clinical Pilates	ClubPhysio
12.15 – 12.45	Express Rig	CAZ Instructor
12.15 – 12.45	Virtual Velo	No Instructor
16.30 – 17.10	Total Tone	Isabelle Capper
17.30 – 18.00	ClubSpivi	Nick Taylor
17.30 – 18.30	Clinical Pilates	ClubPhysio

<b>Tuesday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
07.00 – 07.45	ClubRide	Chris Dawson
12.15 – 12.45	ClubSpivi	David Bailey
12.15 – 13.00	ClubBarre	Isabelle Capper
13.15 – 14.15	Clinical Pilates	ClubPhysio
16.15 – 16.45	Boxing Bootcamp	Tony Harrison
17.00 – 18.00	ClubYoga	Janet Dean
17.15 – 17.45	ClubSpivi	Lee Cooley
18.15 – 19.00	Zumba Fitness	Anamaria Ciocirlan

<b>Wednesday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
07.15 – 07.45	Fusion Tone	David Bailey
12.15 – 12.45	ClubHIIT	CAZ Instructor
12.15 – 13.00	ClubRun	Lee Cooley
13.15 – 14.15	Sports Pilates	Steve Hardy
16.15 – 16.45	Sports Conditioning	Chris Dawson
17.15 – 18.00	ClubCircuit	CAZ Instructor
18.45 – 19.45	FitDance	Fiona Walton

<b>Thursday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
07.00 – 07.45	ClubRig	CAZ Instructor
12.15 – 13.00	Spin / Circuit	Nick Taylor
16.30 – 17.00	ClubTone	Lisa Williams
17.00 – 17.30	ClubStep	Lisa Williams
17.15 – 17.45	ClubSpivi	David Bailey
17.45 – 18.30	Pilates	Beth Allcock

<b>Friday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
07.15 – 07.45	Tabata Tone	David Bailey
10.15 – 10.45	Fusion Tone	David Bailey
12.15 – 13.00	Total Body Blast	Fran Wyly
12.15 – 12.45	Virtual Velo	No Instructor
13.15 – 14.15	Clinical Pilates	ClubPhysio
16.15 – 17.00	ClubBarre	Isabelle Capper

<b>Saturday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
09.15 – 09.45	Express Ride	CAZ Instructor
09.45 – 10.30	Pilates	Lisa Williams

<b>Sunday</b>		
<b>Time</b>	<b>Class</b>	<b>Instructor</b>
09.15 – 09.45	Express Rig	CAZ Instructor
10.00 – 11.00	Yoga 4 All	Various

Black text denotes classes in the aerobics studio  
 Red text denotes classes in the cycling studio  
 Green text denotes classes that are off site