

AP Club

Station Road, Holmes Chapel Tel:01477 537274

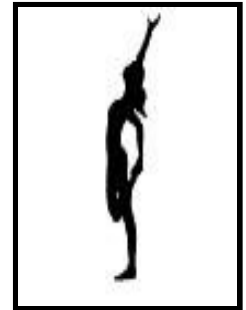
ALL NEW!! Exercise Class Schedule

Commences Monday 18th January 2010!



New
Classes

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
<u>MONDAY</u>	09.30-10.30	SUPER SENIORS	ROY(B)
	17.30-18.15	SPINNING	JULIE(F)
	18.30-19.30	KILLER CIRCUIT	CRAIG (F)
	18.30-19.30	YOGA	JULIA(S)
	19.30-20.30	SALSACISE	KAY(F)
	19.30-20.30	SENIOR KARATE (16+)	MARK (B)
<u>TUESDAY</u>	09.30-10.30	PILATES	ADELE (B)
	17.30-18.30	BOXING BLAST	CRAIG (F)
	18.30-19.30	CARDIO CIRCUIT	ROY (F)
	19.30-20.30	KICK BOXING	MARK(F)
	20.30-21.30	MIXED MARTIAL ARTS	MARK(F)
<u>WEDNESDAY</u>	09.30-10.30	"SUPER SENIORS"	ROY (F)
	16.30-17.30	FAMILY BOXING	MARK(B)
	17.00-17.45	JUNIOR KARATE BEGINNERS**	MARK(B)
	17.45-18.30	JUNIOR KARATE ADVANCED**	MARK (B)
	18.30-19.30	INTERVAL TRAINING	ROY (G)
	18.30-19.30	STEP AEROBICS	CLARE (F)
	19.30-20.00	ABDOMS & STRETCH	CLARE (F)
<u>THURSDAY</u>	09.30-10.30	BODY CONDITIONING	KAY (B)
	12.30-13.30	YOGA	JULIA (B)
	16.30-20.15	*KIDS STREET DANCE(4-15)	ALEX (F)
	17.30-18.30	BOXERCISE	CRAIG (B)
	18.30-19.30	PHYSICAL TRAINING	CRAIG (F)
<u>FRIDAY</u>	09.30-10.30	LEGS/BUMS/TUMS	ADELE (B)
	16.30-17.30	FAMILY CIRCUIT	MARK(B)
	17.30-18.30	KIDS KARATE ALL LEVELS**	MARK(B)
	18.30-19.30	SUPER CIRCUIT	ROY (F)
<u>SATURDAY</u>	09.30-10.30	**KIDS MULTISPORTS	ALEX(B)
	09.30-12.30	*KIDS BALLET & POP (4-11)	JO(F)
	09.30-10.30	INTERVAL & ABDOMS	ROY (G)
<u>SUNDAY</u>	10.30-11.30	FAMILY INTERVAL	MARK(G)



New
Instructors



New
Morning
Workouts



New You!

A booking system for all classes is maintained at reception.

We would urge all our members to book for all classes in order to reserve a position.

(B)=Badminton Hall. (F)=Function Room. (G)=Gym. (S)=Squash

* Street Dance & Ballet/Pop – Charge per class £4.00

** Kids Karate – Charge Per Class- £4.00

**Kids Multisports – Charge Per Class £4.00

Family classes –kids and parents classes.