

AP Club

Station Road, Holmes Chapel Tel:01477 537274

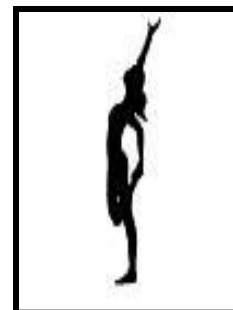
ALL NEW!! Exercise Class Schedule

Commences Monday 25th July 2011!



**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)
	18.00-18.45	JUNIOR KARATE**	CHRIS(B)
	18.30-19.30	KILLER CIRCUIT	ROY (F)
	18.30-19.30	YOGA	JULIA(S)
	19.00-20.00	KICKBOXING/JU JITSU/MMA***	CHRIS(F)
<u>TUESDAY</u>	09.30-10.30	PILATES	ADELE (B)
	17.30-18.30	BOXING BLAST	CHRIS (F)
	18.30-19.30	CARDIO CIRCUIT	ROY (F)
<u>WEDNESDAY</u>	09.30-10.30	"SUPER SENIORS"	ROY (F)
	18.30-19.30	INTERVAL TRAINING	ROY (G)
	19.45-20.45	ZUMBA	ALISON(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	ROY (B)
	18.30-19.30	PHYSICAL TRAINING	ROY (F)
<u>FRIDAY</u>	09.30-10.30	ZUMBA	ADELE (B)
	18.30-19.30	SUPER CIRCUIT	ROY (F)
<u>SATURDAY</u>	09.30-10.30	INTERVAL & ABDOMS	ROY (G)
	10:00-11:00	*3-5 YEAR STREET DANCE	ALEX (F)
	11:00-12:30	*UNDER 12'S STREET DANCE	ALEX (F)
	12:30-14:00	*UNDER 12'S BREAK DANCE	



**New
Instructors**



**New
Morning
Workouts**

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 & Break Dance £4.00

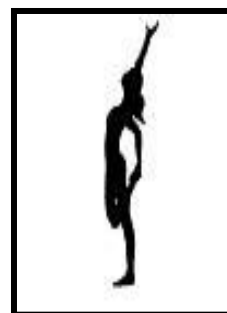
** Kids Karate – Charge Per Class- £4.00

*** Kickboxing/Ju Jitsu/MMA £5 To Non Members – Free to Members

Family classes –kids and parents classes.

MMA – mixed martial arts.

Zumba – Free to Members £4 for Non Members



New You!