



Fitness Club

Whittington Cricket Club

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<i>DAY & TIME</i>	<i>CLASSES</i>
MONDAY 10.30-11.30 19.00-20.00	YOGAILATES OLD SKOOL CONDITIONING
TUESDAY 18.30 -19.30 Reserve your place early as high demand	INTRO TO YOGA 6 week Small Group Training course 8 places only Tuesdays from 15 th January
WEDNESDAY 10.45 – 11.45 19.15-20.15	YOGAILATES GFORCE 10
THURSDAY 9.30-10.30	PUMP UNCUT
FRIDAY	CLASSES COMING NEW YEAR
SATURDAY	CLASSES COMING NEW YEAR
SUNDAY	CLASSES COMING NEW YEAR

YOGAILATES: A Fusion of Yoga & Pilates exercise to music
Suitable for all levels of fitness. Who wish to have a strengthening & flexibility fun workout?

GFORCE 10: A new fun energy boosting circuit excellent total body workout. Igniting your fat burning furnace = maximum fitness results

PUMP UNCUT: A motivational free weight exercise body sculpting and fat burning workout to music.

OLD SKOOL CONDITIONING: A cardio & tone workout to music
A fun fusion of 70s 80s 90s Mix
Class fees £5.00 pay as you go or £4.50 10 weeks advance (advance bookings must be used consecutively)
6 week small group Yoga course £120.00 per person.

