

Cardio Fun – An aerobic work out, which targets burning calories in a fun and vibrant class.

Yoga – Improves balance, flexibility and core strength. A relaxing yet stimulating class.

Dance Fusion, Body Conditioning – A great all over body workout to burn fat and tone muscles.

Box-a-cise – Using boxing techniques and training ideas to create a fun and challenging all over body workout.

Pilates – A beginners class to help strengthen your core muscles and invigorate the body.

Legs, Bums and Tums – A fun workout that targets Leg's Bums and Tums.

Circuits – All over workout using a variety of different training techniques. All abilities welcome.

Fat Burner – A mix of cardio and toning techniques that burn fat and tone the muscles.

All classes are inclusive of the Full Membership Package.

All classes are open to non members priced at £5.00 per class.

To avoid disappointment, please book yourself up to 7 days in advance (non- members up to 3 days in advance) into each class you wish to participate in. Call us on the number below or book at reception. Classes are subject to availability.

Please call the leisure club direct on

01452 519901

Leisure Club Address Details:

The Cheltenham Chase,
Shurdington Road,
Brockworth,
Gloucestershire,
GL3 4PB
Tel: 01452 519901



Passport to classes

Get your passport to classes stamped 8 times per month and receive a free 7 day VIP pass for a friend or family member to experience your club with you.

1	5
2	6
3	7
4	8

Get a free 7 day pass.

1	5
2	6
3	7
4	8

Get a free 7 day pass.



One way to workout your week.
One of a kind.

Studio Timetable

www.leisureandspaatQHotels.co.uk

Monday's Timetable

9.00-9.45am	Cardio Fun	M	Jo
11.00-12.30pm	Yoga	M	Jo M
6.15-7.00pm	Dance Fusion	M	Julie
7.00-7.45pm	Body Conditioning	M	Julie
7.45-8.45pm	Yoga	M	Emily

Tuesday's Timetable

6.00-6.45pm	Box-a-cise	M	George

B	Suitable for Beginners
I	Suitable for Intermediate level
A	Suitable for Advanced level
M	Suits a Mixed Ability

Classes are subject to conference room availability.
Bookings for each class are essential

Wednesday's Timetable

6.00-7.00pm	Pilates	B	Coralie
7.00-7.45pm	Legs, Bums & Tums	I	Zoe
7.45-8.45pm	Yoga	M	Jackie

Thursday's Timetable

6.30-7.15pm	Body Con	M	Julie

During morning aqua classes the pool is unavailable for swimmers.

Aqua Tots: The pool will be laned off for the duration of this session. This only applies to school term time.

Friday's Timetable

9.30-10.30am	Body Conditioning	M	Jane
6.00-7.00pm	Circuits	M	Faye

Saturday's Timetable

10.15-11.00am	Fat Burner	M	Alissa

Sunday's Timetable

Pool Timetable

Monday	9.45-10.30am	Aqua Fit	M	Jo
Monday	12.30-2.30pm	Aqua Tots		
Tuesday	9.30-10.15am	Aqua Fit	I	Coralie/ Paul
Wednesday	8.15-9.00pm	Aqua Fit	M	Sue H
Thursday	10.30-11.15am	Aqua Fit	I	Jo
Saturday	9.00-9.45am	Aqua Fit	I	Alissa