

Newlands Fitness Classes

CLASS	DAY	TIME	DESCRIPTION	TRAINER	COST
Gents Circuit	Mon	6-7pm	Circuit class using resistance machines, free weights, CV machines and agility	John	£5
Running Group	Mon	7-8pm	Speed and strength session	Lesley/Greg	£4
Ladies Circuit	Wed	6.00-7pm	Circuit class using resistance machines, free weights and CV machines	Greg	£5
Running Group	Wed	7-8pm	Long steady run up to 6 miles	Greg	£4
FREE Gym Induction	Last Wednesday of month	8pm	Recommended for new gym users. Booking required	Greg	FREE
Pilates	Thur	7.30-8.30pm	Classes for specific back problems	Contact Jenny Rea 07867 800 123	£64/8wk block
Yoga	Tue	9.30-10.45am	Yoga for Health & Fitness	Contact Veronica 07973 802 031	£39/6wk block