

Class Timetable

from August 2010

DAY	TIME	CLASS	INSTRUCTOR	Cost
MONDAY	18:00 - 18:50	Spin Cycle	Jake Jacobs	£3.00
	19:00 - 20:25	Yoga (10 Week Course)	Renay Jacobs	£50.00
TUESDAY	19:15 - 20:10	Pilates	Sophia Cheetham	£4.00
	20:20 - 21:15	Aerobics	Vikki Lovegrove	£4.00
	17:00 - 20:00	Trampoline Club		£4.00
WEDNESDAY	18:05 - 18:55	Circuits	Jason Aldridge & Jake Jacobs	£4.00
THURSDAY	19:00 - 19:55	Boxercise	Jake Jacobs	£4.00
FRIDAY	18:30 - 19:25	Pilates (10 Week Course)	Sophia Cheetham	£32.00

Aerobics - An exciting fat burning workout using a variety of different aerobic moves, this class is suitable for intermediate/advanced class users. £4.00 non members

Spinning - An indoor cycling class. If you're a beginner or more advanced there is a class to suit you. This class will ensure you improve your cardio vascular fitness, lower body strength and most definitely burn those calories. £3.00 non members

Pilates - This class exercises muscles such as the lower back and abdominals which will help improve posture, flexibility and tone the muscles by stretching, lengthening and stretching the muscles. £4.00 non members

Circuit Training - A class that burns those calories with a whole body workout, to continually develop your fitness levels. Great to come with a friend or partner. £4.00 non members

Boxercise - a great way to get fit without getting hit. Burn those calories whilst having fun and releasing stress.

Yoga - The original authentic exercise class that will give you long lean toned muscles, better posture, a healthy back, perfect body shape and a calm mind.

Trampoline Club - Fun way to keep in shape whilst learning a new skill



Shephall Leisure Centre
Barnwell, Stevenage, Herts SG2 9SW

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Studio Information

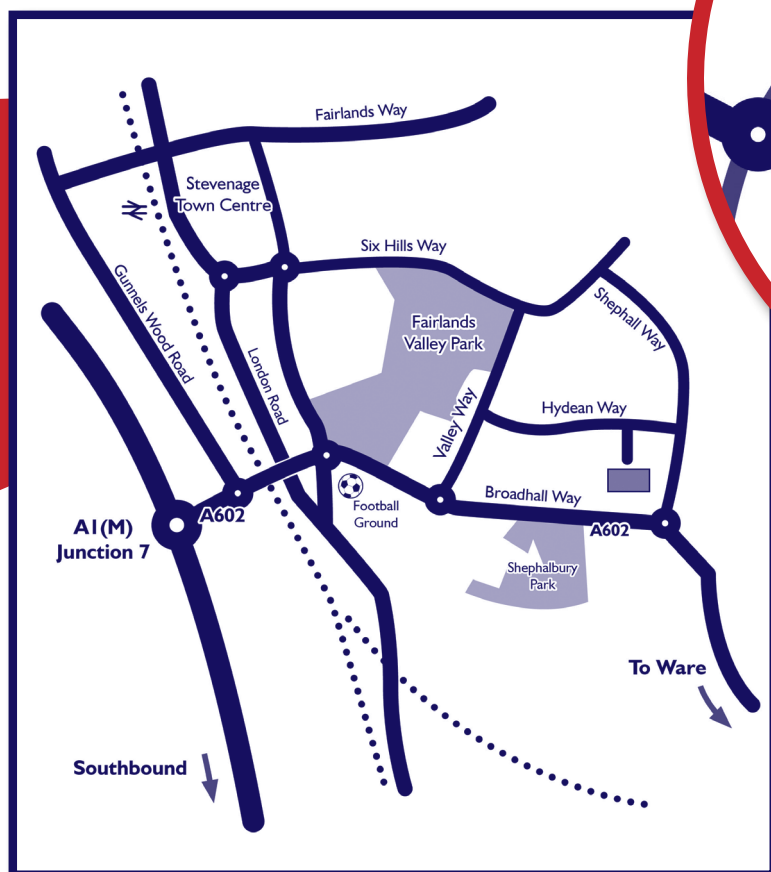
- If it is your first time at any class please make the instructor aware at the start of the class and arrive early where possible. Please make the instructor aware of any injuries you may have.
- If you are more than 5 mins late to the start of a class the instructor has the right to refuse entry as the warm up will have been missed.
- Participants should have a towel and drink with them when attending classes.
- If you need to leave the studio for any reason during a class please ensure the instructor is made aware.
- Minimum age for class attendance is 16 years - children are not allowed to spectate within the studios.
- Storage plans for the studio should be followed for your own health and safety and the room should not be entered until the instructor is present.

- We will endeavour to give you at least 4 hours notice should a class need to be cancelled due to instructor availability.
- If you are unable to attend a class you must cancel your booking as charges may be applied.
- Classes can be booked 2 weeks in advance for members - payment will be taken at time of booking
- If you are unable to attend a class you must give at least 2 hours notice.

Payments for courses must be taken at the time of booking

- Studio rules - No chewing gum, No dirty trainers, No black marking soles, No high heels. Please wipe down the mats & spin bikes after use.

Finding Shephall Leisure Centre



Location

- Barnwell School (Near 'The Hyde shops')
- 5 minute drive from town centre
- Call 01438 210100 for directions

Bus Routes

Bus 4, 5 & 5a
from Town Centre Bus Station.