

Friday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■ ■ ■ ■ ■	Free	£4.50
09:15 - 10:00	Gym & Tonic	General	Stan/Larni	Low Impact	■ ■ ■ ■ ■	Free	£4.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■ ■ ■ ■ ■	Free	£7.00
11:00 - 12:00	Level 1 Pilates	Holistic	Lisa	Beginners	■ ■ ■ ■ ■	Free	£7.00
11:15 - 12:00	Aqua-Fit	Cardio	Stan	All Levels	■ ■ ■ ■ ■	Free	£4.50
12:00 - 12:45	Spin Tour	Cardio	Martin	All levels	■ ■ ■ ■ ■	Free	£5.50
14:00 - 15:00	Level 2/3 Pilates	Holistic	Lisa	Improver / Intermediate	■ ■ ■ ■ ■	Free	£7.00
18:00 - 18:45	Spinning	Cardio	Kevin	All Levels	■ ■ ■ ■ ■	Free	£5.50
19:00 - 20:30	Hot Yoga	Holistic	Jenny	Advanced	■ ■ ■ ■ ■	Free	£8.00

Saturday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	Saturday Circuit	Fitness	Fran	All Levels	■ ■ ■ ■ ■	Free	£5.50
09:00 - 10:00	Spin & Abs	Fitness	Fran	All Levels	■ ■ ■ ■ ■	Free	£5.50
10:00 - 11:30	Yin Yoga	Holistic	Jenny	Advanced	■ ■ ■ ■ ■	Free	£8.00

Sunday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
09:00 - 09:45	Spinning	Cardio	Fran	All Levels	■ ■ ■ ■ ■	Free	£5.50
09:00 - 09:45	Boxercise	Fitness	Hannah	All Levels	■ ■ ■ ■ ■	Free	£4.50
10:00 - 11:00	Level 2/3 Pilates	Holistic	Lisa	Improver / Intermediate	■ ■ ■ ■ ■	Free	£7.00
11:00 - 12:00	Dance Fit	Fitness	Hannah	All Levels	■ ■ ■ ■ ■	Free	£5.50
12:15 - 13:00	Aqua Groove	Cardio	Hannah	All Levels	■ ■ ■ ■ ■	Free	£4.50

Just call our team on 01983 766222 to book.

westbayclub.co.uk/country-club



THE WEST BAY
COUNTRY CLUB & SPA
ISLE OF WIGHT



Adult Exercise Classes

Summer Holiday Programme 2018

(22nd July - 2nd September)

This programme is subject to availability and may be amended at any time
To book onto classes please call the Country Club team on 01983 766222

Monday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■■■■■	Free	£4.50
09:15 - 10:00	Gym & Tonic	General	Fran	Low impact	■□□□□	Free	£4.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00
11:00 - 12:00	Fundamental Pilates	Holistic	Lisa	Beginner	■■□□□	Free	£7.00
11:15 - 12:00	Aqua-Yoga	Holistic	Jenny	All Levels	■■□□□	Free	£4.50
12:00 - 12:45	Spin Tour	Cardio	Martin	All levels	■■■■■	Free	£5.50
18:00 - 18:55	Sculpt	Toning	Fran	Intermediate	■■■■■	Free	£5.50
18:00 - 18:55	Spinning	Cardio	Connor	All Levels	■■■■■	Free	£5.50
19:00 - 20:30	Hatha Yoga	Holistic	Jenny	All Levels	■■■■■	Free	£7.00
19:00 - 19:30	Abs	Fitness	Fran	Intermediate	■■■■■	Free	£4.50

Tuesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	Boxing HIIT	Fitness	Hannah	All Levels	■■■■■	Free	£4.50
09:00 - 10:00	Sculpt	Toning	Kym	All Levels	■■■■■	Free	£5.50
10:00 - 11:30	Yoga4Health Active*	Holistic	Jenny	All Levels	■■■■■	Free	£8.00
11:30 - 12:30	Yoga4Health*	Holistic	Jenny	All Levels	■■■■■	Free	£7.00
12:30 - 13:15	Spinning	Cardio	Fran	All Levels	■■■■■	Free	£5.50
12:30 - 13:30	Dance Fit	Dance	Hannah	All Levels	■■■■■	Free	£5.50
18.00 - 18.45	Step & Tone	Cardio	Larni	All Levels	■■■■■	Free	£5.50
18.00 - 18.45	Spinning	Cardio	Graham	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Circuits	Fitness	Fran	All Levels	■■■■■	Free	£5.50
18:55 - 19:25	Abs	Fitness	Fran	All Levels	■■■■■	Free	£4.50
18:55-19:40	Spinning	Cardio	Graham	All Levels	■■■■■	Free	£5.50
19:30 - 20:30	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00

* Only one class can be booked either Yoga4Heath Active or Yoga4Health, not both.

Wednesday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Cardio	Andy	All Levels	■■■■■	Free	£4.50
09:00 - 10:00	Spin & Circuit	Cardio	Stan	Intermediate	■■■■■	Free	£5.50
09:00 - 10:00	Zumba	Dance	Larni	All Levels	■■■■■	Free	£5.50
10:00 - 11:00	Level 3 Pilates	Holistic	Lisa	Intermediate	■■■■■	Free	£7.00
11:00 - 12:00	Level 2 Pilates	Holistic	Lisa	Improvers	■■■■■	Free	£7.00
11:15 - 12:00	Aqua Zumba	Cardio	Larni	All Levels	■■■■■	Free	£4.50
13:00 - 14:00	Level 4 Pilates	Holistic	Lisa	Advanced	■■■■■	Free	£7.00
18:00 - 18:45	Boxercise	Fitness	Hannah	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Spinning	Cardio	Connor	All Levels	■■■■■	Free	£5.50
19:00 - 19:45	Core Strengthening	Fitness	Hannah	All Levels	■■■■■	Free	£4.50
19:30 - 20:55	Sun Power Yoga	Holistic	Jenny	Advanced	■■■■■	Free	£7.00

Thursday

TIME	EXERCISE CLASS	TYPE	INSTRUCTOR	LEVEL	INTENSITY	MEMBER	NON-MEMBER
08:00 - 08:30	HIIT Spin	Fitness	Andy	All Levels	■■■■■	Free	£5.50
09:00 - 10:00	Aerobics	Cardio	Larni	All Levels	■■■■■	Free	£5.50
10:00 - 11:30	Yoga4Health Mindful	Holistic	Jenny	All Levels	■■■■■	Free	£8.00
11.15 - 12:00	Aqua Groove	Cardio	Larni	All Levels	■■■■■	Free	£4.50
12:00 - 12:45	Ladies Spin	Cardio	Fran	All Levels	■■■■■	Free	£5.50
12:15 - 13:00	Dancercise	Cardio	Larni	All Levels	■■■■■	Free	£5.50
18:00 - 18:45	Spinning	Cardio	Fran	All Levels	■■■■■	Free	£5.50
18:00 - 19:00	Sculpt	Toning	Kym	All Levels	■■■■■	Free	£5.50
18:50 - 19:30	Circuits	Toning	Fran	Intermediate	■■■■■	Free	£5.50

Members are able to book classes 7 days in advance. Non-members are able to book 3 days in advance where a payment is required to be taken at time of booking. We have a 3 hour cancellation policy on all classes.

Just call the Country Club team on 01983 766222 to book