












































































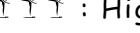


<b><u>MON</u></b>		12:10 - 12:50 <b>Med Ball Madness</b> <i>Johnny</i>  		13:10 - 13:50 <b>Barbell Pump</b>  <i>Vicky</i>  		17:40 - 18:30 <b>Boxercise</b>  <i>Johnny</i>  	17.45 - 18.30 <b>Keiser Cycle</b> <i>Beg. Tyrone</i>  	18:35 - 19:30 <b>&lt;&lt;Pilates&gt;&gt;</b>  <i>Lorraine</i>  	19.30 - 21.30 <b>**Belly Dancing**</b> <i>Eugenia</i>  
<b><u>TUE</u></b>	07:30 - 08:15 <b>Barbell Pump</b>  <i>Chris Nix</i>  	12:10 - 12:50 <b>Circuits</b>  <i>Chris Nix</i>  	13:10 - 13:50 <b>Keiser Cycle</b> <i>Int. Sian</i>  	13:10 - 13:50 <b>&lt;&lt;Pilates&gt;&gt;</b>  <i>Vicky</i>  		17:40 - 18:25 <b>Aerobics</b>  <i>Vicky</i>  	18:00 - 19:00 <b>Keiser Cycle</b> <i>Adv. Nadia</i>  	18:30 - 20:00 <b>:::Ashtanga Yoga:::</b> <i>Wale</i>  	20:00 - 22:00 <b>**Brazilian Drumming**</b> <i>Bacana Arts</i>  
<b><u>WED</u></b>	07:30 - 08:15 <b>&lt;&lt;Pilates&gt;&gt;</b>  <i>Caz</i>  		12:10 - 12:50 <b>Keiser Cycle</b> <i>Int./Adv. Tyrone</i>  	13:10 - 13:50 <b>Cardio Core</b>  <i>Vicky</i>  		17:40 - 18:25 <b>Barbell Pump</b>  <i>Sally</i>  	17.45 - 18.25 <b>Keiser Cycle</b> <i>Int./Adv. Chris Nix</i>  	18:30 - 19:15 <b>Awesome Abs &amp; Stretch</b> <i>Maggie</i>  	19:30 - 21:30 <b>**Brazilian Drumming**</b> <i>Bacana Arts</i>  
<b><u>THUR</u></b>	07:15 - 08:00 <b>Keiser Cycle</b> <i>Int./Adv. Nadia</i>  	12:10 - 12:50 <b>&lt;&lt;Pilates&gt;&gt;</b>  <i>Sally M</i>  	13:10 - 13:50 <b>Keiser Cycle</b> <i>Int./Adv. Caz</i>  			17:40 - 18:25 <b>Aerobics</b>  <i>Chris Nix</i>  		18:35 - 19:25 <b>Circuits</b>  <i>Chris Nix</i>  	19:30 - 21:00 <b>:::Capoeira:::</b> <i>Rad</i>  
<b><u>FRI</u></b>		12:10 - 12:50 <b>Tums n Bums</b>  <i>Sally</i>  	12:10 - 12:50 <b>Keiser Cycle</b> <i>Int./Adv. Vicky</i>  	13:10 - 13:50 <b>Circuits</b>  <i>Johnny</i>  		17:40 - 18:25 <b>Body Blitz</b>  <i>Maggie</i>  		19:00 - 20:30 <b>**Kick Boxing**</b> <i>Tom</i>  	
<b><u>SAT</u></b>	10:00 - 11:00 <b>Barbell Pump</b>  <i>Sally M</i>  	11:00 - 12:00 <b>&lt;&lt;Pilates&gt;&gt;</b>  <i>Sally M</i>  		14:00 - 15:30 <b>**Kick Boxing**</b> <i>Tom</i>  	<b><u>SUN</u></b>		12:00 - 13:30 <b>**Capoeira**</b>  <i>Rad</i>  		

**Key:**

<p>Intensity   : Low   : Medium   : High</p>	<p>Choreography   : Low   : Medium   : High</p>	<p><b>&lt;&lt;class&gt;&gt;</b>          Requires attendance of a workshop to learn correct technique before attending this class</p>	<p><b>:::class:::</b>          Specialist class open to non-members to participate for a fee</p>	<p><b>**class**</b>          Studio hired by external instructor/organization to hold a class - open to members and non-members for a fee</p>
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### **Booking for classes:**

You can either:

- Book at reception up to 7 days in advance or,
- Turn up just before it starts informing reception that you wish to take part.

### **Please note:**

- Some classes have limited numbers due to space and equipment restrictions so it is better to book in advance for these classes.
- Classes must have a minimum of 3 members in order for them to run. - Classes with less than 3 members when the class is due to start will be cancelled.

**It is recommended that you book for a class to guarantee a place and avoid disappointment.**

### **Late Entry:**

You will not be permitted into a class after the first 5mins to ensure you have an adequate warm up. If you are late for a popular class your space will not be saved if there are others waiting to get into the class

### **Same Day Cancellation:**

If you have booked for a class and cancel on the same day you will be subject to a cancellation fee of £1.00 (except in emergencies). If you have 3 same day cancellation fees unpaid, you will not be able to pre-book classes until they have been paid. This does not stop you taking part in a class, only pre-booking a place.

### **'No Shows':**

If you book for a class and do not show up to take part you will be subject to a cancellation fee of £2.50 (except in emergencies), as you may cause the class to be cancelled if there are only 3 booked in. Also, you will not be able to pre-book for classes until this fee has been paid. This does not stop you taking part in a class, only pre-booking a place.

**FOR MORE INFORMATION ON WHAT'S INVOLVED  
WITH EACH CLASS PLEASE SEE THE SEPARATE  
CLASS GUIDE - AVAILABLE IN RECEPTION.**

**Telephone 0117 937 8020**

**Fax 0117 937 8021**

**Web: [www.welshback.co.uk](http://www.welshback.co.uk)**

**Email: [ChrisNix@welshbackclub.fsnet.co.uk](mailto:ChrisNix@welshbackclub.fsnet.co.uk)**

# WELSH

# BACK

## Group Fitness Programme

Winter/Spring Timetable

January 4<sup>th</sup> – March 28<sup>th</sup> 2010

**PLEASE CHECK THE CLASS BOARD FOR ANY  
CHANGES TO THIS PROGRAMME**