

## SATURDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
08.00-09.00	BOOTCAMP (+ TRIBE)	Outside—meet at reception
09.00-09.55	KEISER STUDIO CYCLING	
09.00-09.55	BODY PUMP	
10.00-10.55	DANCE BLAST (+ TRIBE)	
10.00-10.55	KEISER STUDIO CYCLING	

## SUNDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
08.40-09.25	KEISER STUDIO CYCLING	
09.00-10.00	YIN YOGA	STARTS 23RD SEPTEMBER
10.00-11.00	MIXED PILATES	Experience required
11.30-12.00	FLOATFIT (TRIBE + adult)	Charges apply

### IMPORTANT MEMBER INFORMATION—ATTEND OR CANCEL

If you fail to cancel or attend a class that you have booked, it will incur a non-attendance fee.

**ALL CLUB MEMBERS** who do not show up for a class they have booked or cancel within 2 hours of the start of the class will face a non-attendance fee of £5, this will apply to ALL group exercise classes.

For classes that start within 60 minutes of the opening time, cancellations must be made the previous evening 90 minutes before the close of business.

Non-attendance charges will be logged onto your account and must be paid on your next visit to the club.

Before you take part in classes please ensure you have marked off on the class register. Those of you who do not register your attendance may also be at risk of receiving a non-attendance fee.

As a PAYG member - failure to attend or late arrival to a class will result in the loss of your class fee. No refunds can be offered to PAYG members unless the class is

cancelled by Charterhouse Club.

### 'TRIBE' EXERCISE PROGRAM

Tribe participants are invited to join adult classes marked with+ TRIBE from 14+ years of age. Tribe from 11-13 years may participate in Floatfit alongside a parent/guardian

**FAMILY FLOATFIT;** this class is open to adults and children 8yrs+, all participants must be confident swimmers.

### CLASS RULES & REGULATIONS

Please arrive changed & ready at least 10 minutes before the start of the class and be prepared to stay for the full duration of the class. Ensure that you highlight any illnesses/injuries that may be affected by exercise to the class instructor. Remember to bring water and a towel with you to every exercise session.

### CLASS TARRIF

**PAYG CLASSES:** £7.50

**FLOATFIT:** Members £2.50, PAYG £5.00, non-members £7.50, Tribe member £2.00, Tribe non-members/junior guest of a member £2.25

# CharterhouseClub

Godalming's Premier Health & Fitness Club



# GROUP EXERCISE TIMETABLE

Starts Monday 12th November 2018

Edition 24

To book a place call 01483 239600 or visit  
[www.charterhouseclub.co.uk](http://www.charterhouseclub.co.uk)

## MONDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
09-15 -10.00	WATER WORKOUT	Shallow End
09.30 -10.25	MIXED PILATES	
09.30 - 10.30	KEISER STUDIO CYCLING	
10.00 - 10.45	WATER WORKOUT	Shallow end
10.30-11.25	TOTAL BODY CONDITIONING	
11.30 - 12.15	KETTLEBELLS	
12.30-13.15	KEISER STUDIO CYCLING	
18.30-19.25	HIIT (+TRIBE)	
19.30-20.30	HATHA YOGA	
19.30-20.30	KEISER STUDIO CYCLING	

## TUESDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
09.30-10.20	HIIT	
09.30-10.30	KEISER STUDIO CYCLING	
10.30-11.25	MIXED PILATES	Experience required
11.30-12.25	BALANCE	
18.30-19.30	HATHA YOGA	
18.00-18.50	BOXERCISE	STARTS 11TH SEPTEMBER
19.00-20.00	BODY PUMP	
19.30-20.15	WATER WORKOUT	
19.45-20.45	HATHA YOGA	

## WEDNESDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
09.30-10.25	CORE FUSION	
09.30-10.30	KEISER STUDIO CYCLING	
10.30-11.25	BODY PUMP	
11.30-12.30	YOGA	

## WEDNESDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
18.30-19.25	CORE BARRE	
18.00-18.45	KEISER STUDIO CYCLING	
19.00-19.45	KEISER STUDIO CYCLING	
19.00-19.55	MIXED PILATES	Experience required
20.00-20.55	MIXED PILATES	Experience required

## THURSDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
06.30-07.15	EXPRESS KEISER STUDIO CYCLING	
09.30-10.15	WATER WORKOUT	Shallow end
09.30-10.25	ZUMBA	STARTS 6TH SEPTEMBER
09.30-10.25	BOOT CAMP	
10.15-11.00	WATER WORKOUT	Shallow end
10.30-11.25	MIXED PILATES	Experience required
10.30-11.30	KEISER STUDIO CYCLING	
11.30-12.25	MIXED PILATES	Experience required
18.30-19.30	KEISER STUDIO CYCLING	
19.30-20.15	NEW HIIT	
19.30-20.30	MIXED PILATES	Experience required
20.30-21.30	FLOW YOGA	

## FRIDAY

TIME	ACTIVITY	CLASS NOTES & FORMAT CHANGES
09.30-10.25	4 in 1 HIIT, COMBAT, CORE/BODY CONDITIONING & YOGA	
09.30-10.25	KEISER STUDIO CYCLING	
10.30-11.25	DANCE AND TONE	
11.30-12.25	BALANCE	
12.30-13.15	KEISER STUDIO CYCLING	