

STUDIO-E

energy exercise enjoyment

... in a class of its own!

ESSENTIAL INFORMATION

All classes must be booked at Club Reception or via telephone 023 9255 0381. Bookings can be made 8 days in advance for MEMBERS and 7 days in advance for non-members.

Group exercise classes for non-club members are £5 and for members £4.

Appropriate clothing and footwear must be worn.

CANCELLATION POLICY

To cancel a class booked you must notify the club at least 24 hours before class is due to start otherwise a fee will be charged.

Please arrive at least 5 minutes before class scheduled start time.

STUDIO - FOR HIRE

Whatever your requirements, space for group exercise activities or local business training days, STUDIO-E at Lee-on-the-Solent Tennis, Squash and Fitness Club can be the answer.

Ask in the Club for details or telephone 023 9255 0381.

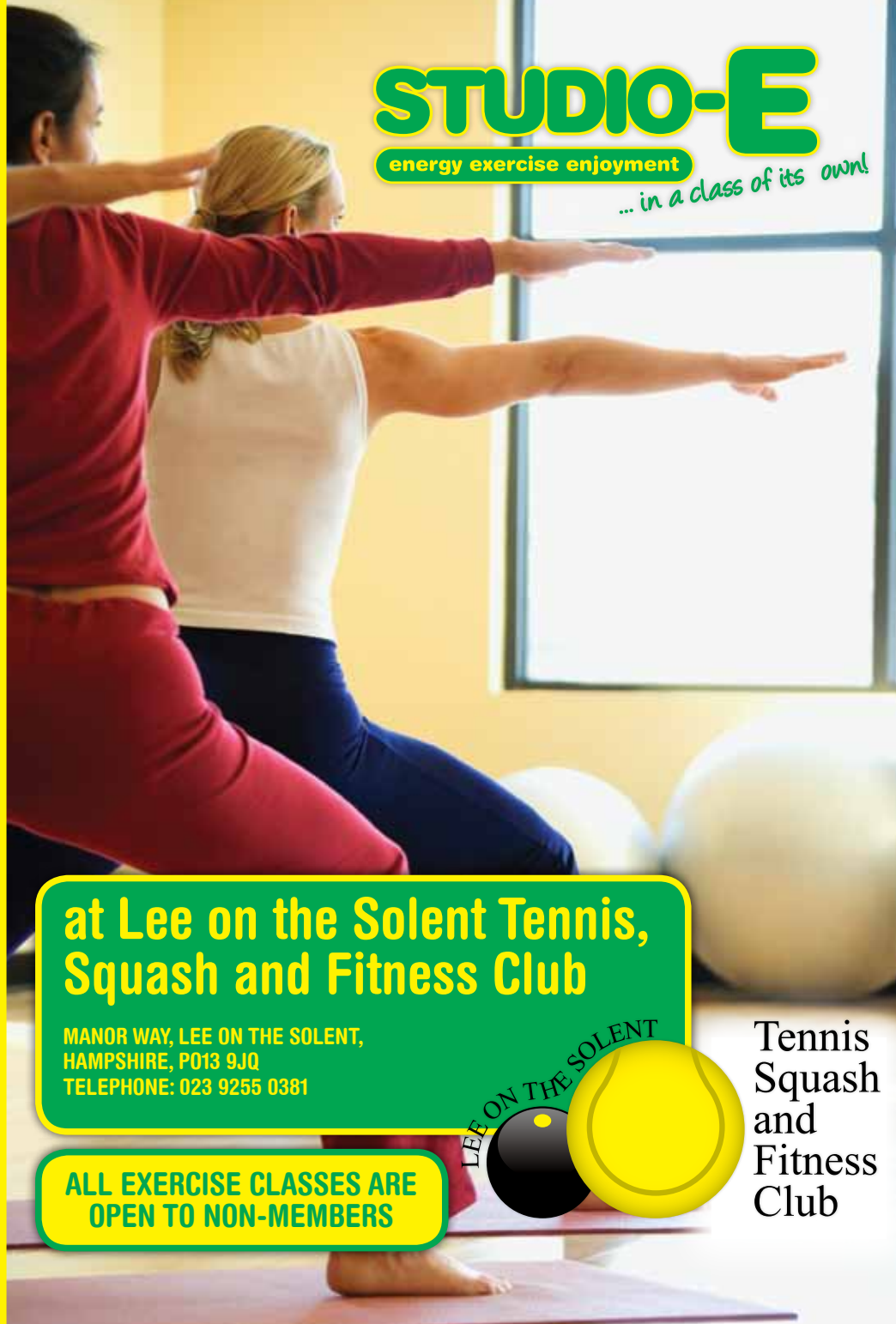
CLUB MEMBERSHIP

New members are always welcome. Ask for a brochure at reception.

STUDIO-E

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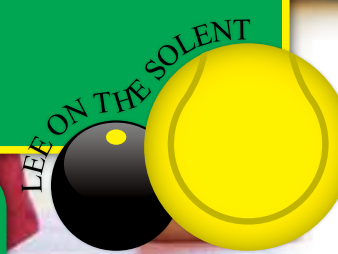
... in a class of its own!



at Lee on the Solent Tennis, Squash and Fitness Club

MANOR WAY, LEE ON THE SOLENT,
HAMPSHIRE, PO13 9JQ
TELEPHONE: 023 9255 0381

ALL EXERCISE CLASSES ARE
OPEN TO NON-MEMBERS



Tennis
Squash
and
Fitness
Club

MONDAY

TIME	CLASS
09.30 - 10.30	CIRCUITS
18.30 - 19.30	ZUMBA
19.45 - 21.00	YOGA

FRIDAY

TIME	CLASS
10.00 - 11.00	BODY PUMP
12.00 - 13.00	PILATES
18.00 - 19.00	ZUMBA

TUESDAY

TIME	CLASS
09.30 - 10.30	ZUMBA
18.00 - 19.00	CIRCUITS
19.15 - 20.15	PILATES

SATURDAY

TIME	CLASS
09.30 - 10.30	ZUMBA
10.45 - 11.15	BODY PUMP EXPRESS (FREE CLASS)

WEDNESDAY

TIME	CLASS
09.30 - 10.30	CIRCUITS
18.30 - 19.30	BODY PUMP
19.30 - 20.30	ZUMBA

SUNDAY

TIME	CLASS
10.30 - 11.30	BODY PUMP

THURSDAY

TIME	CLASS
11.00 - 12.00	ZUMBA
18.30 - 19.30	BODY PUMP
19.45 - 21.00	YOGALATES

Lee on the Solent Tennis, Squash and Fitness Club

Manor Way,
Lee on the Solent,
Hampshire, PO13 9JQ

Telephone: 023 9255 0381

No Membership required to attend classes

CLASS

DESCRIPTION

CLASS TYPE

BODY PUMP	A toning and conditioning class with barbells and adjustable weights coupled with strong music.	Strength and Conditioning
CIRCUITS	Cardiovascular and conditioning exercises at a series of workstations to music.	High Energy
BOXERBLAST	Concentrates on Boxing moves and having fun, letting out pent up aggression of the day, working with a partner through a full workout using pads.	High Energy
YOGA	Hatha Yoga can help to develop flexibility, strength and balance and these qualities combined effect upon the mind bring a sense of calm harmony to the body and soul.	Holistic
PILATES	Concentrates on slow and measured movements to create strong and lean muscles. Gentle but highly effective for improving posture and flexibility.	Holistic
ZUMBA - LATIN AMERICAN DANCE/ FITNESS.	Zumba is a new Latin American dance & fitness class that fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You can achieve great health benefits whilst enjoying an exhilarating hour of calorie burning, awe inspiring movements designed to engage and captivate for Life.	High Energy
EXPRESS	Shortened version of the full class. Designed for those with limited time.	High Energy/ Strength and Conditioning