

# FITNESS TIMETABLE for 12-15 year olds

## From Monday 1st June

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
07:00 - 07:45 <b>Circuits</b> With Danny	13:15 - 14:15 <b>Tai Chi</b> With Linda	08:45 - 09:45 <b>Pilates for Golf</b> With Bea	12:15 - 13:15 <b>Hatha Yoga</b> With Rebekah	09:30 - 10:15 <b>Zumba</b> With Joanna	12:30 - 13:15 <b>Yogalates</b> With Rebekah	09:30 - 10:15 <b>Rhythm Cycle 45</b> With Sarah	12:00 - 13:00 <b>Hatha Yoga</b> With Bea
08:30 - 09:15 <b>Legs, Bums &amp; Tums</b> With Emma	17:15 - 18:00 <b>Pilates</b> With Bea	09:30 - 10:30 <b>Rhythm Cycle 45 &amp; Abs</b> With Richard	12:30 - 13:15 <b>Zumba</b> With Joanna	10:15 - 11:15 <b>Pilates</b> With Aniko	13:00 - 14:00 <b>Restore &amp; Rejuvenate Yoga</b> With Jean-Claude	10:30 - 11:15 <b>BarreConcept</b> With Sarah	14:45 - 15:45 <b>Tai Chi</b> With Linda
09:15 - 10:15 <b>Pilates and Stretch</b> With Beth	18:15 - 19:00 <b>Stages Flight Cycle 45</b> With Richard	10:35 - 11:20 <b>Total Body Workout</b> With Richard	13:30 - 14:30 <b>Fundamental Yoga</b> With Vina	10:15 - 11:00 <b>Stages Flight Cycle 45 &amp; Stretch</b> With Ellie	14:15 - 15:15 <b>Pilates</b> With Beth	10:30 - 11:45 <b>Pilates &amp; Stretch</b> With Kerry	17:15 - 18:00 <b>Vinyasa Flow Yoga</b> With Vina
09:30 - 10:15 <b>Zumba</b> With Jack	18:15 - 19:00 <b>Circuits</b> With Charlotte	16:30 - 17:30 <b>Open Box</b> 	16:30 - 17:30 <b>Open Box</b> 	11:30 - 12:45 <b>Rasa Flow Vinyasa</b> With Jean-Claude	17:15 - 18:00 <b>Prickle Ball Release</b> With Kerry	18:15 - 19:00 <b>Body Conditioning</b> With Sophie	18:15 - 19:00 <b>Restorative Yoga</b> With Vina
09:40 - 10:25 <b>Stages Flight Cycle 45</b> With Ellie	18:15 - 19:00 <b>Stretch Yoga</b> With Emma	17:15 - 18:00 <b>Intro To Pilates</b> With Amanda	17:15 - 18:00 <b>Intro To Pilates</b> With Amanda	11:30 - 12:15 <b>Low Impact Aerobics</b> With Joanna	18:15 - 19:00 <b>Stretch &amp; Relax</b> With Kerry	19:15 - 20:00 <b>Zumba</b> With Claire B	
10:30 - 11:30 <b>Slow Flow Yoga</b> With Vina	19:15 - 20:15 <b>Restorative Yoga</b> With Emma	18:15 - 19:00 <b>Pilates with Equipment (Int/Adv)</b> With Amanda	18:15 - 19:00 <b>Pilates with Equipment (Int/Adv)</b> With Amanda			19:15 - 20:15 <b>Pilates</b> With Katrina	
11:45 - 12:45 <b>Pilates</b> With Beth		18:30 - 19:15 <b>Stages Flight Cycle 45</b> With Simon	18:30 - 19:15 <b>Stages Flight Cycle 45</b> With Simon				
		19:15 - 20:30 <b>Classical Yoga</b> With Emma	19:15 - 20:30 <b>Classical Yoga</b> With Emma				
		19:30 - 20:15 <b>Step and Tone</b> With Mandy	19:30 - 20:15 <b>Step and Tone</b> With Mandy				

### KEY

- These classes take place in The Yoga Cabin
- 12-15 year olds accompanied by an adult
- 14-15 year olds accompanied by an adult
- 8 year olds + accompanied by an adult
- These classes take place in The Box

FRIDAY		SATURDAY		SUNDAY	
AM	PM	AM	PM	AM	PM
09:30 - 10:15 <b>Stages Cycle</b> With Luke	12:00 - 13:00 <b>Stretch Yoga</b> With Heena	08:00 - 08:45 <b>Circuits</b> With Joanna	12:00 - 12:45 <b>Family Functional Fitness 8+</b> With Joanna	09:15 - 10:00 <b>Body Conditioning</b> With Emma	17:15 - 18:15 <b>Gentle Hatha Yoga &amp; Stretch</b> With Lizzie
09:35 - 10:20 <b>Legs, Bums &amp; Tums</b> With Emma	17:15 - 18:15 <b>Pilates and Stretch</b> With Kerry	09:00 - 09:55 <b>Legs, Bums &amp; Tums</b> With Kerry	13:00 - 13:45 <b>Family Functional Fitness 8+</b> With Danny	09:30 - 10:45 <b>Hatha Yoga</b> With Vina	
10:30 - 11:30 <b>Rhythm &amp; Abs</b> With Claire	17:30 - 18:30 <b>Open Box</b> 	09:30 - 10:15 <b>Stages Flight Cycle 45</b> With Simon	16:15 - 17:15 <b>Yoga</b> With Bea	10:10 - 11:10 <b>Stages Flight Cycle 60</b> With Neil	
11:45 - 12:30 <b>Zumba</b> With Claire		10:15 - 11:15 <b>Pilates</b> With Kerry		11:00 - 12:00 <b>Restorative Yoga and Meditation</b> With Vina	
		11:30 - 12:15 <b>Stretch &amp; Relax</b> With Kerry		11:15 - 12:00 <b>Dance Fit</b> With Lauren	

### 12-15 YEAR OLD GYM TIMES

**Term time:** Mon-Thurs 3-5pm, Fridays 3-9:30pm, Sat-Sun 12-7:30pm

**Holidays:** Mon-Thurs 12-5pm, Fridays 12-9:30pm, Sat-Sun 12-7:30pm

Must be accompanied by an adult whilst using the gym, and have had a gym induction with a member of the fitness team. Email [fitness@foxhills.co.uk](mailto:fitness@foxhills.co.uk) to book an induction. Teens must visit 'gym ready', as under 16-year-olds are not permitted to use the HealthSpa changing room facilities.

### JUNIOR PERSONAL TRAINING

60 mins: **£50** | 11 x 60 mins: **£500**

30 mins: **£30** | 11 x 30 mins: **£300**

\*PT packages of 1 - 11 are sold with a 3-month expiry date from date of purchase