

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

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