



LIST OF CLASSES 2020

Day / Time	Class	Price
<u>Monday</u>		
12:00 – 13:00	Fitmax	FREE for GOLD members £6 non
19:15 – 20:15	Zumba tone	FREE for GOLD members £6 non
<u>Tuesday</u>		
10:00 – 11:00	Full body workout	FREE for GOLD members £6 non
<u>Wednesday</u>		
10:00 – 11:00	Kettle Bell/Body Conditioning	FREE for GOLD members £6 non
<u>Thursday</u>		
10:00 – 11:00	Full Body Circuits	FREE for GOLD members £6 non
18:30 – 19:30	Yoga	FREE for GOLD members £6 non
<u>Saturday</u>		
09:30 – 10:30	Bootcamp	£5 members £7 non

Pay up front options also available - SILVER members £1 off all classes

Bootcamp – Every Saturday! Only £7 per class All levels Welcome / members £5

Full Body Workout - A class based on working the whole body for total fitness.

Yoga - Mat based class to help you de-stress and relax, will also help improve your flexibility.

Ashwells Country Club, Ashwells Road, Brentwood, Essex, CM15 9SE

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www.ashwellsactive.co.uk