

GYM 208 PROGRAMME					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 AM			Full Body Kettlebell Workout with Catriona		Pilates with Catriona
9:45 AM		Gym 208 Workout of the Day		Gym 208 Workout of the Day	
6:00 PM	Full Body Kettlebell Workout with Catriona		Pilates with Catriona		
7:00 PM	Resistance Band Workout with Catriona		Body Pump with Catriona		

COST PER CLASS: £3 for Gym 208 Members & £4 for Non-Members
Premium Members & Class Pass Holders – One Credit per class
Cancellation must be made 3 hours in advance to qualify for a refund
Classes NOT included in Premium or Class Pass
Body Pump: 5-week Course: £30 July 7th – 25th Aug
(No class 21st July & 18th Aug)
TO BOOK: Online via Glofox App/Gym 208/Classes
Tel: 028 217 71585 Email: gym208@glenariffecrc.org

GYM 208 MEMBERSHIPS

PREMIUM MEMBERSHIP

- **FULL GYM ACCESS**
- **ACCESS TO 8 INHOUSE CLASSES PER MONTH**
(£1.25 per class)
- **MONTHLY DIRECT DEBIT**
- **NO UPFRONT COSTS**
- **SAVE £14 P/M**

Adults - £30
Students-£25

STANDARD MEMBERSHIP

- **FULL GYM ACCESS**
- **MONTHLY DIRECT DEBIT**
- **NO UPFRONT COSTS**

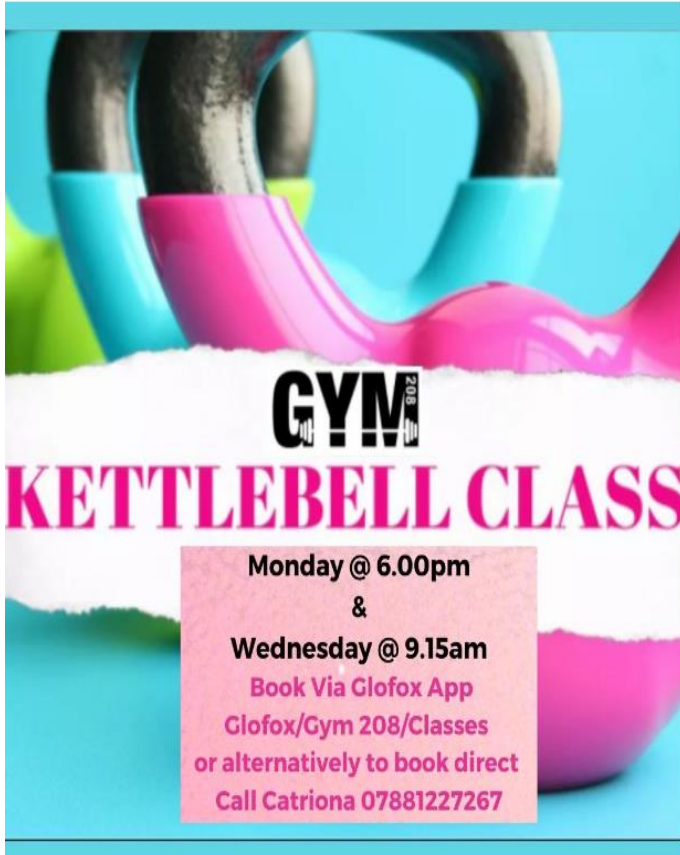
Adults - £20
Students-£15

CLASS PASS

- **FOR NON-GYM MEMBERS**
- **8 CLASSES PER MONTH**
(£3 PER CLASS)
- **SAVE £8 P/M**

Adults - £24
Students-£24

All memberships available on Glofox
[Glofox/gym208/memberships](https://glofox.com/gym208/memberships)
 Email: gym208@glenariffecrc.org




GYM 208
KETTLEBELL CLASS

Monday @ 6.00pm
&
Wednesday @ 9.15am

Book Via Glofox App
Glofox/Gym 208/Classes
or alternatively to book direct
Call Catriona 07881227267

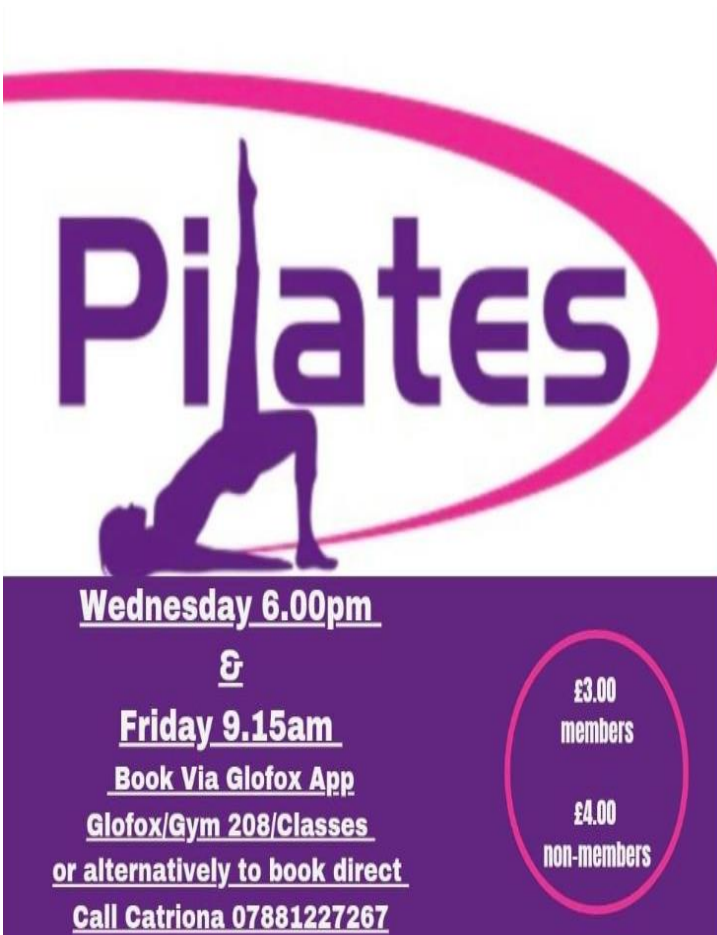
**RESISTANCE BAND
TRAINING**

MONDAY @ 7.00pm



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Pilates



Wednesday 6.00pm

&

Friday 9.15am

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£3.00
members

£4.00
non-members

**WOD
WORKOUT
OF THE DAY**



**BE PUT THROUGH YOUR PACES
BY OUR FULLY QUALIFIED
INSTRUCTORS ON THE GYM
FLOOR**

**THIS SMALL GROUP TRAINING
IS PERFECT FOR ANY
FITNESS LEVEL**

**All classes can be
booked via Glofox App**
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Visit our website www.glenariffecrc.org