



GYM 208



February Programme

MONDAY

9.15am - Yoga with Joanna

6.00pm - Kettlebells

WEDNESDAY

9.15am - Core Strength & Conditioning

7.00pm - Core Strength & Conditioning

FRIDAY

9.15am - Yoga with Joanna

6.00pm - Small Group Training (Gym) Max 4 people

TUESDAY

9.15am - Small Group Training (Gym)

7.00pm - Circuits

THURSDAY

9.15am - Small Group Training (Gym)

6.00pm - Circuits

SATURDAY

9.00am - Circuits

SUNDAY

10.00am - Mindful Hatha Yoga

COST PER CLASS: £4 GYM MEMBERS £5 NON-MEMBERS

Premium Members & Class Pass Holders (8 classes per month) - one Credit per class

Cancellation must be made 3 hours in advance to qualify for a refund

CLASSES NOT INCLUDED IN PREMIUM MEMBERSHIP OR CLASS PASS

Pilates - £5 per class (pay trainer)

Yoga - £8 per class (pay trainer)

BOOK VIA GLOFOX - Email: gym208@glenariffecrc.org - Tel: 028 217 71585