



THE
PARK
CLUB

Activity Timetable: 6th September 2010 to 22nd December 2010



THE PARK CLUB ADULT ACTIVITY TIMETABLE: 6TH SEPTEMBER 2010 TO 22ND DECEMBER 2010

MONDAY

Time	Activity	Instructor	Area	Level	Cost
07.00 - 08.00	The Card Game	Pat	1	General	Free
C 07.00 - 08.30	Dynamic Hatha Yoga	Katie	3	General	Free
09.00 - 10.00	Capoeira	Roge'rio	3	General	Free
09.15 - 10.00	Step & Tone	Peter	1	General	Free
10.00 - 11.00	BODYPUMP®	Linda S	1	General	Free
10.00 - 11.30	Iyengar Yoga	Jackie	3	General	Free
C 10.00 - 12.00	Tennis Drills & Skills	James	A4/5	2 & 3	£5
10.00 - 12.00	Tennis Drills & Skills	Shane	A1/2	4 & 5	£5
10.15 - 11.00	H2O	Ana	Pool	General	Free
11.00 - 11.45	Total Body Workout	Linda S	1	Beginner	Free
11.30 - 12.30	Pilates	Helena	3	General	Free
13.00 - 14.00	Belly Dancing	Arina	1	General	Free
14.30 - 15.30	Pre Natal***	Liana	3	Beginner	Free
15.30 - 16.30	Post Natal	Liana	3	Beginner	Free
18.45 - 19.30	Body Conditioning	Erez	1	General	Free
19.00 - 20.00	Vinyassa Flow	Linda H	2	General	Free
19.00 - 20.00	Stretchworks	Alison	3	General	Free
C 19.00 - 21.00	Evening Tennis Drills	James	A1/A2	2, 3 & 4	£5
19.15 - 20.00	H2O	Gillian	Pool	General	Free
19.30 - 20.30	Step	Erez	1	General	Free
20.00 - 21.00	Pilates Basics	Michelle	2	Beginner	Free
20.00 - 21.30	Tai Chi	Ross	3	General	Free
20.30 - 21.30	Spinning®	George	1	General	Free

TUESDAY

Time	Activity	Instructor	Area	Level	Cost
07.00 - 07.45	Spinning®	Karen M	1	General	Free
08.00 - 09.00	BODYPUMP®	Karen M	1	General	Free
09.15 - 10.00	Spinning®	Charles	1	Advanced	Free
10.00 - 10.45	H2O	Ana	Pool	General	Free
10.00 - 11.00	Tae Bo	Noel	1	General	Free
10.00 - 11.00	Stretchworks	Alison	3	General	Free
C 10.00 - 12.00	Mixed Tennis Dynamic Drills	Shane	A1/A2	3 & 4	£5
11.00 - 12.00	Advanced Stretchworks	Alison	3	General	Free
11.30 - 12.30	Step & Tone	Peter	1	General	Free
12.00 - 13.00	Pilates	Helena	3	General	Free
N 12.30 - 13.30	Tennis Doubles Drills	Shane	A1/A2	2 & 3	£2.50
13.00 - 13.45	Aquanatal	Helena	Pool	General	Free
13.00 - 14.30	Scaravelli Yoga	Laura S	3	General	Free
18.00 - 21.00	Social Tennis Club **	ALTC	A1/A2/A3	3,4 & 5	Free
C 19.00 - 21.00	Social Tennis Club*	ALTC	A1/A2/A3	3,4 & 5	Free
19.00 - 21.00	Mens Tennis Drills	Shane	A4/A5	4 & 5	£5
18.30 - 19.30	Lambaerobica	Alexandra	1	General	Free
18.45 - 20.15	Ashtanga Yoga	Linda H	3	General	Free
19.30 - 20.30	Boxing Training	Sandip	1	General	Free

If you have any comments or suggestions regarding the studios, please email Karen Mason on karenm@theparkclub.co.uk or contact a member of the management team.

WEDNESDAY

	Time	Activity	Instructor	Area	Level	Cost
	07.00 - 07.45	Spinning	George	1	Intermediate	Free
	09.30 - 10.30	Capoeira	Roge'rio	1	General	Free
	09.30 - 10.30	Pregnancy Yoga	Karen S	3	Beginner	Free
N	10.00 - 11.00	Jogging / Power Walking	Gym Team	Running track	General	Free
C	10.00 - 12.00	Tennis Drills	James	A1/A2	2 & 3	£5
	10.30 - 11.30	50 / 50	Linda S	1	General	Free
	10.30 - 11.30	Pilates	Helena	3	Intermediate	Free
	11.30 - 12.30	BODYPUMP®	Linda S	1	General	Free
	11.30 - 13.00	Dynamic Hatha Yoga	Helen	3	General	Free
	12.30 - 13.30	Zumba	Lucy	1	General	Free
	13.00 - 14.00	Stretchworks	Alison	3	Intermediate	Free
	19.00 - 19.45	Spinning®	Karen M	1	General	Free
	19.00 - 19.45	H2O	Cathy	Pool	General	Free
C	19.00 - 20.30	Dynamic Yoga	Katie	3	General	Free
	19.30 - 20.30	Pilates	Charlotte	2	General	Free
	19.45 - 20.45	BODYPUMP®	Karen M	1	General	Free

THURSDAY

	Time	Activity	Instructor	Area	Level	Cost
	07.00 - 07.45	Spinning®	Gareth	1	General	Free
	07.00 - 08.30	Vinyassa Flow	Sandra O	3	General	Free
	09.15 - 10.00	Body Conditioning	Linda S	1	General	Free
	09.20 - 10.15	Stretchworks	Alison	3	General	Free
	10.00 - 11.00	Spinning®	Karen M	1	Advanced	Free
	10.00 - 12.00	Social Tennis Club	Shane	A1/A2/A3/A4	2, 3 & 4	Free
	10.00 - 12.00	Beginner Tennis Drills	James	A5/A6	1	£5
	10.15 - 11.00	Core Stability	Debbie	3	Beginner	Free
	11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free
	11.00 - 12.00	Abs, Back & Arms	Karen M	1	General	Free
	12.00 - 13.00	Danceworks	Alison	3	General	Free
C	12.30 - 13.30	Tennis Doubles Drills	James	A1/A2	4 & 5	£2.50
	13.00 - 14.00	Lambaerobica	Alexandra	1	General	Free
	13.00 - 14.00	Pilates on the ball	Ris	3	Intermediate	Free
	18.00 - 21.00	Social Tennis Club **	ALTC	A1/A2/A3	3, 4 & 5	Free
	18.30 - 19.30	Pilates	Liana	3	General	Free
	18.30 - 20.00	Hatha Yoga	Rachel	2	Intermediate	Free
	18.45 - 19.30	Circuit Training	Wendy	1	General	Free
	19.00 - 20.00	TriSwim	Julian	Pool	Advanced	Free
	19.30 - 20.15	Spinning®	Liana	1	General	Free
C	19.30 - 20.30	Pilates Course*****	Ris	3	Beginner	£35 Pay course
	20.00 - 22.00	Karate	Alex	2	General	Free

***** TENNIS RATING SYSTEM *****

The tennis rating system is scaled between 1 and 5 as follows:

1= Beginner 2 = Development 3 = Training 4 = Competition 5 = Performance

Individual player ratings are based upon their Box League standing, Club Championship and Grand Slam results and, of course, our coaches knowledge of the players. The coaches decision will be final and ratings will be updated up to 4 times per year.

FRIDAY

Time	Activity	Instructor	Area	Level	Cost
07.00 - 08.00	BODYPUMP®	Karen M	1	General	Free
07.00 - 08.30	Hatha Yoga	Sandra O	3	General	Free
08.00 - 08.30	Only Abs	Karen M	1	General	Free
08.30 - 09.30	Stretchworks	Alison	3	General	Free
09.00 - 09.30	BODYPUMP® Tec	Karen M	1	Beginner	Free
09.30 - 10.30	BODYPUMP®	Karen M	1	General	Free
09.30 - 10.30	Kickboxing	Alex	Gym	General	Free
09.30 - 10.30	Adult swim****	Ash	Pool	General	Free
09.30 - 11.00	Iyengar Yoga	Jackie	3	Beginner	Free
C 10.00 - 12.00	Social Tennis Club	Shane	A1/A2/A3/A4	2,3,4 & 5	Free
10.30 - 11.30	Step & Tone	Peter	1	Beginner	Free
11.00 - 12.00	Mother & Baby Yoga	Karen S	3	General	Free
11.30 - 12.30	Spin & Abs	Karen M	1	Beginner	Free
11.45 - 12.30	H2O	Peter	Pool	General	Free
C 12.00 - 13.00	Pilates Course*****	Louise	3	Beginner	£35 Pay course
13.00 - 14.00	Pilates	Louise	3	General	Free
18.00 - 19.00	Salsa / Zumba	Steve / Sonia	1	Beginner	Free
19.00 - 20.00	Salsa / Zumba	Steve / Sonia	1	Intermediate	Free
N 19.00 - 21.00	Beginners Tennis Drills	Bob	A1 & A2	1 & 2	£5

SATURDAY

Time	Activity	Instructor	Area	Level	Cost
09.00 - 10.00	Spinning®	Charles	1	Beginner	Free
09.30 - 10.30	Pilates	Liana	3	Intermediate	Free
10.30 - 11.30	Pilates	Liana	3	General	Free
10.30 - 11.30	Hi/Lo	Wendy	1	General	Free
N 11.00 - 13.00	Social Tennis Club*	ALTC	A1/A2/A3	3, 4 & 5	Free
11.30 - 12.30	Tae Bo	Noel	1	General	Free
12.30 - 13.30	Belly Dancing	Arina	1	General	Free
15.00 - 18.00	Social Tennis Club **	ALTC	A1/A2/A3	3,4 & 5	Free
17.00 - 18.30	Ashtanga Yoga	Helen	1	General	Free

SUNDAY

Time	Activity	Instructor	Area	Level	Cost
09.15 - 10.15	Spinning®	George	1	General	Free
10.00 - 11.30	Hatha Yoga	Tracey A	3	General	Free
10.15 - 11.15	BODYPUMP®	George	1	General	Free
N 11.00 - 13.00	Social Tennis Club*	ALTC	A1/A2/A3	3,4 & 5	Free
11.15 - 12.15	Aero Skip	Wendy	1	General	Free
15.00 - 18.00	Social Tennis Club **	ALTC	A1/A2/A3	3,4 & 5	Free

Type of Activity (colour coded)

■ General ■ Holistic ■ Tennis ■ Swimming / Aqua ■ Jogging / Power Walkers Club

Meeting Areas: Studio 1: downstairs Studio 2: Small upstairs Studio 3: upstairs Pool: large indoor pool

N = Shows a NEW activity to previous month

C = Shows a CHANGE in time, instructor, level or meeting area, and the beginning of a new course

* Commences 1st October 2010

** Finishes 30th September 2010

*** The Pre Natal Class should only be attended when more than 13 weeks into your pregnancy. ****Term time only

***** Pilates course dates for the Autumn Term will run on Thursday 9th Sept to 14th Oct and 4th Nov to 9th Dec and Friday 10th Sept to 15th Oct and 5th Nov to 10th Dec