

GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Stop, Drop & Roll (Jake)	Indoor Cycle (Jake)	Pre:Workout (Becky)	Cardio Sculpt (Gabs)	Pre:Workout (Gabs)		
8:00 AM							
9:00 AM						Circuits (Jordan)	
10:00 AM						Spin (Jordan)	
11:00 AM	Power Hour (Jake)						Primal (John)
12:00 PM			Circuits (Becky)		L.B.T (Gabs)		
17:00 AM					Stop, Drop & Roll (Jake)		
18:00 PM	Lift & Swing (Becky)	Primal (Becky)	Power Hour (Conor)	Indoor Cycle (Jake)			
19:00 PM	L.B.T (Becky)			BoxFit (Jake)			

Booking your class is easy...



Via the 'McCaulay's Health Club' App




With one of the team at reception



Over the Phone:

01752260600

Lift & Swing 	A mixture of kettlebells, barbells and core work to tighten, tone and strengthen the whole body.	Non-Members £4	Members FREE
Power Hour 	Work to improve ability and strength in the three BIG lifts: Squat, Bench and Deadlift.	Non-Members £4	Members FREE
BoxFit 	45 minutes of stress reducing, smiling inducing, fat burning fun. No experience needed.	Non-Members £4	Members FREE
Circuits 	Whole body workouts planned to get the blood pumping, muscles burning and sweat pouring.	Non-Members £4	Members FREE
Primal 	Lift, Jump, Carry, Push, Pull, Throw and Run to your goals with a workout that trains the body the ways it was made to move.	Non-Members £4	Members FREE
Indoor Cycle 	Ride it like a roadie. This class aims to replicate the fitness and techniques of those required on the road.	Non-Members £4	Members FREE
Spin 	An indoor cycle class that's all about the music. Jump, Sprint and Climb your way to new levels of fitness.	Non-Members £5	Members FREE
Stop, Drop & Roll 	A stretch and mobility class to realign, loosen up and fire you into your week and weekends.	Non-Members £4	Members FREE
Pre: Workout 	A weights session that gets you crushing it while the rest of the world are struggling to wake up.	Non-Members £4	Members FREE
L.B.T 	Get fired up for a Legs, Bums and Tums workout that'll burn body fat, tighten your tummy and shape your legs and glutes.	Non-Members £4	Members FREE
Cardio Sculpt 	A full body HIIT class to shape and tone the whole body. Incorporates weights, cardio machines and high energy moves.	Non-Members £4	Members FREE