

Minimum 24 hours  
cancellation policy

10/02/2020

## STUDIO 2

Tollgate Hotel & Leisure

Tel: 01782 – 31 30 29

e-mail: mail@tollgate.co.uk

tollgate.co.uk



tollgate  
hotel & leisure



tollgate  
hotel & leisure

MON

\* 7pm Dance Classes with  
Pam Perkin  
Tel. 01782 – 643475 \*

	Platinum & Silver*	Sports Member	Non-Member
Aerobics, Step, Bod-Fit, Yoga & Kettlercise™	FREE	£250	£400
Zumba™	FREE	£250	£400
Fitness Morning	FREE	£250	£400
Spinning	FREE	£250	£400
Spinning (Weekday Morning)	FREE	£250	£400
Gym	FREE	£400	£5.00 or with a member £4.00

TUES

7:00pm

\* Ballroom Dancing  
with Val Ellis \*

WED

*Need Conference Facilities?  
Studio 2 & The Crystal Suite  
is available during the day.*

THURS

5.45pm

Jan Yoga  
(Crystal)

FRI

*Great rates on our hotel  
accommodation for members &  
visitors – ask one of our team*

SAT

Function Rooms available for your  
Parties and Meetings

SUN

3.00pm

\* Ballroom & Latin  
Dance Classes with  
Pam Perkin \*  
01782-643475

## STUDIO 1

10.00am  
5.30pm  
6.00 pm  
6.15pm  
7.00pm

Rachel - Kettlercise™  
Rachel - Kettlercise™  
Lisa Beat It (crystal)  
Rachel – Step  
Rachel - Zumba™

6.00pm  
7.00pm

Rachel – Bodi-Fit  
Rachel - Kettlercise™

10.00am  
5.30pm  
6.15pm  
7.00pm

Rachel – Kettlercise™  
Rachel - Kettlercise  
Rachel - Zumba™  
Rachel – Bodi-Fit™

6.00pm  
7.00pm  
8.00pm

Nick - Kettlercise™  
\* Ju-Jitsu (Juniors)\*  
\* Ju-Jitsu (Adults)\*  
Richard Tunstall  
07515-933901

10.00am  
6.00pm  
7.00pm &  
8.00pm

Rachel – Step  
Nick - Kettlersize  
\* Taekwondo\*  
(Juniors & Adults)

10.00am

Rachel – Kettlercise™

10:00am  
5:00pm

Sharon - Zumba™  
Lisa P.-Beat It (Crystal)

## SPINNING

5.00pm  
6.00pm

Claire  
Nathan

10.00am  
5.00pm

Rachel  
Rachel

5.00pm  
6.00pm  
7.00pm

Gary  
Bob  
Bob

10.00am  
5.00pm  
6.00pm

Rachel  
Rachel  
Rachel

5.00pm  
6.00pm  
7.00pm

Claire  
Bob  
Bob

Check out our pages on  
FACEBOOK and TWITTER  
For info and offers

10.00am  
10.30am

FREE 30 min.  
introduction to  
SPINNING with Bob  
Bob

Please keep a look out around the club for  
great offers on food, bar and activities.

### Level of Classes

Our classes are suitable for all levels of ability.  
However, please inform the instructor if you are  
new to any class.

### PLATINUM MEMBERSHIP

from just £35.50 per month (12 month contract) or  
£38.00 per month (No contract)

### SILVER/OFF PEAK MEMBERSHIP

from just £26.50 per month (12 month contract) or  
£29.00 per month (No contract)

Both with no joining fees – simply choose contract or non-contract rates