

Minimum 24 hours
cancellation policy

07/02/2017

STUDIO 2

STUDIO 1

SPINNING

Tollgate Hotel & Leisure



Tel: 01782 – 31 30 29
e-mail: mail@tollgate.co.uk
tollgate.co.uk



MON

*Need Conference Facilities?
Studio 2 & The Crystal Suite
is available during the day
* 7pm Dance Classes with
Pam Perkin
Tel. 01782 – 643475 **

10.00am
5.30pm
6.15pm
7.00pm

Rachel - Kettlercise™
Rachel - Kettlercise™
Rachel – Step
Rachel - Zumba™

5.00pm
6.00pm

Gail
Claire

	Platinum & Silver*	Sports Member	Non-Member
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Aerobics, Step,
Bod-Fit, Yoga &
Kettlercise™

FREE

£250

£400

TUES

6.00pm

Dylis - YOGA

6.00pm
7.00pm

Rachel – Bodi-Fit
Rachel - Kettlercise™

10.00am

Rachel

5.00pm
6.00pm

Rachel
Claire

Zumba™

FREE

£250

£400

7:00pm

** Ballroom Dancing
with Val Ellis **

Fitness Morning

FREE

£250

£400

WED

Spinning

FREE

£250

£400

10.00am
5.30pm
6.15pm
7.00pm

Rachel – Kettlercise™
Rachel - Kettlercise
Rachel - Zumba™
Rachel – Kettlercise™

5.00pm
6.00pm
7.00pm

Gary
Bob
Bob

Spinning
(Weekday Morning)

FREE

£250

£400

THURS

6.00pm

Jan – YOGA

6.00pm
7.00pm
8.00pm

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

10.00am
5.00pm
6.00pm

Rachel
Rachel
Gary

Gym

FREE

£400

£500 or with a
member £400

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.

FRI

Check out our
pages on
[FACEBOOK](#) and
[TWITTER](#)
For info and offers

10.00am
12.00pm
6.00pm
7.00pm &
8.00pm

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

5.00pm
6.00pm
7.00pm

Claire
Bob
Bob

PLATINUM MEMBERSHIP

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

SAT

Function Rooms
available for your
Parties and
Meetings

10.00am

Rachel – Kettlercise™

SILVER/OFF PEAK MEMBERSHIP

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

SUN

3.00pm

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

10:00am
5:00pm

Sharon - Zumba™
Lisa P. - Zumba™

10.00am

FREE 30 min.
introduction to
SPINNING with Bob

10.30am

Bob

Classes free to Platinum members at all times and to Silver members at off-peak times,
*Additional Fees Apply

Peak Times are 4pm or later weekdays, Off Peak at all other times

All classes are 45 to 50 minutes in duration