

## Booking and class entry procedures

Class booking is absolutely essential. Any members just turning up before the class cannot be assured a place.

Bookings can only be made at the earliest 6.30am Monday morning onwards for that same week. No advanced bookings will be taken.

Studio classes are free to all full, corporate and studio class members except for those classes marked with additional charge. Any off peak members will have to pay for the class.

Classes are only available to persons 18 years or over except for those marked with additional charge.

It is at the discretion of the instructor to cancel the class if there are insufficient numbers in attendance. A class may also be cancelled if staff are away on holiday or are away because of illness. A replacement instructor will be found where possible.

All class attendees must report to The Trinity Centre Health Club reception before going in to the class. This is to confirm class numbers before the class starts.

First time visitors will be asked to complete a general health questionnaire and have their blood pressure taken. Please ensure plenty of time to have this taken before the class. If the club feels that an individual may pose a risk to themselves or others within a class they will not be allowed to attend the class.

Classes are £4 per class for anyone that is not a member. This must be paid prior to the class you wish to attend.

If you are unable to attend a class you have booked on to please ensure you cancel your place at reception either in person, phone, or by email.

Please ensure that you turn up to all classes on time particularly for Yoga and Pilates. Walking in to this type of class late can severely disrupt the whole class.

The club will not be responsible for loss of personal property. For safekeeping valuables should be secured in the lockers provided. Please do not bring bags into the studio.

For your own safety you should not participate in a class if you are under the influence of alcohol or taking contra indicated drugs or medication.

Do not exercise if you feel ill or faint.

Suitable clothing and footwear is required when exercising.

The rules may be changed by the management at any time.

The Trinity Centre Health Club,  
24 Cambridge Science Park, Milton Road, Cambridge, CB4 0FN  
T: 01223 395675  
E: [healthclub@thetrinitycentre.com](mailto:healthclub@thetrinitycentre.com)  
[www.thetrinitycentre.com](http://www.thetrinitycentre.com)



## Cardiovascular

### Step & Tone

Try this high impact workout designed to work you to the max

### Body Burn

Come feel the burn with a fun choreographed intense cardiovascular workout

### Boxercise

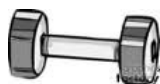
Unleash the Rocky within you & come to this boxing based class

### Aerobiking

Let the instructor take you on a roller coaster cycle ride complete with hills and jumps

### Cardio Combat

Kick and punch your way to great results in this hi adrenaline pumping workout. Incorporates moves from 5 different forms of martial arts disciplines



## Conditioning

### Bums, Legs, Tums

Work on those key areas Bums, Legs & Tums

### Body Sculpt

An active toning workout using hand weights

### Body Blitz

A popular class comprising of exercises to shape and strengthen the body

### Kettlebells

An intense full body workout utilising the ultimate training tool

### Core Training

Strengthen the core of your body to improve balance and posture



## Mind & Body

### Hatha Yoga

Stretch away your troubles with this relaxing & energizing class

### Vinyasa Flow Yoga

A new Dynamic Yoga that flows through music leaving you flexible and inspired

### Pilates

A relaxing class concentrating on core strength, flexibility and posture

### Stretch & Relax

Stretch out your aching muscles with this flexibility workout

### Shotokan Karate

Join this fun karate class with many self defence moves thrown in

### Taekwon-Do

Bring your black belts along for self defence, fitness and fun





























THE TRINITY CENTRE HEALTHCLUB

Autumn / Winter 2010

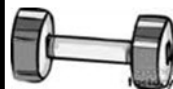
# STUDIO TIMETABLE



<b>Monday</b>		12.20 – 13.20 Hatha Yoga  Billie 	13.20 - 13.50 Kettlebells  Marc 		17.30 - 18.00 Aerobiking  Mark 	18.00 - 19.00 Boxercise  Roy 	19.00 - 20.00 Shotokan Karate  John  Additional Charge £4
<b>Tuesday</b>		12.00 - 12.45 Body Blitz  Roy 	12.45 - 13.45 Pilates  Danielle 		17.30 – 18.00 Kettlebells  Beth 	18.00 - 18.45 Step & Tone  Beth 	18.45 - 19.30 Aerobiking  Marc/Mark 
<b>Wednesday</b>	07.15 - 07.45 Aerobiking  Marc 	12.15 - 13.00 Cardio Combat  Beth 	13.00 - 13.45 Boxercise  Roy 		17.30 - 18.00 Aerobiking  Mark 	18.00 - 18.45 Bums, Legs, Tums  Beth 	19.00 - 20.30 Taek-won do  Derek  Additional Charge £4
<b>Thursday</b>	07.15 - 07.45 Kettlebells  Roy 	12.00 - 12.45 Body Sculpt  Beth 	12.45 - 13.15 Aerobiking  Marc/Mark 	13.15 - 13.45 Aerobiking  Marc/Mark 	17.30 – 18.00 Core Stability  Marc 	18.00 - 18.45 Body Burn  Beth 	18.45 - 19.15 Stretch & Relax  Beth 
<b>Friday</b>		12.15 - 13.15 Vinyasa Flow Yoga  Louise 	13.15 - 13.45 Aerobiking  Marc/Mark 				
<b>Saturday</b>		10.00 - 11.00 Taek-won do  Derek  Additional Charge £4					



**Cardiovascular:** Great cardio for the lungs and heart. Classes to get the heart rate up



**Conditioning:** Conditioning classes are a great way to gain strength and tone up



**Mind and Body:** Are aimed at achieving suppleness and balance. A good way to de stress and enjoy