

## 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, student, over 60 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 £4.50 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

### Body Burn

Come and feel the burn with a fun choreographed intense cardiovascular workout

### Boxercise

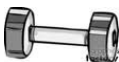
Unleash the Rocky within you & come to this boxing based class

### Aerobiking

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

### Zumba

An exhilarating, effective, easy to follow, Latin inspired, calorie burning dance class



## 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

### 20/20

A combination of kettlebell moves and boxing pad work to create an intense 40 minute workout

### Kettlebells

An intense full body workout utilising the ultimate training tool

### Core Stability

Strengthen the core of your body to improve balance and posture

### Body Conditioning

A class comprising of exercises that just use your own body weight



## Mind & Body

### Dynamic Yoga

A fast paced body strengthening yoga class based on the style of Vinyasa Flow Yoga

### Pilates

A relaxing class concentrating on core strength, flexibility and posture



## Martial Arts

### Shotokan Karate

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

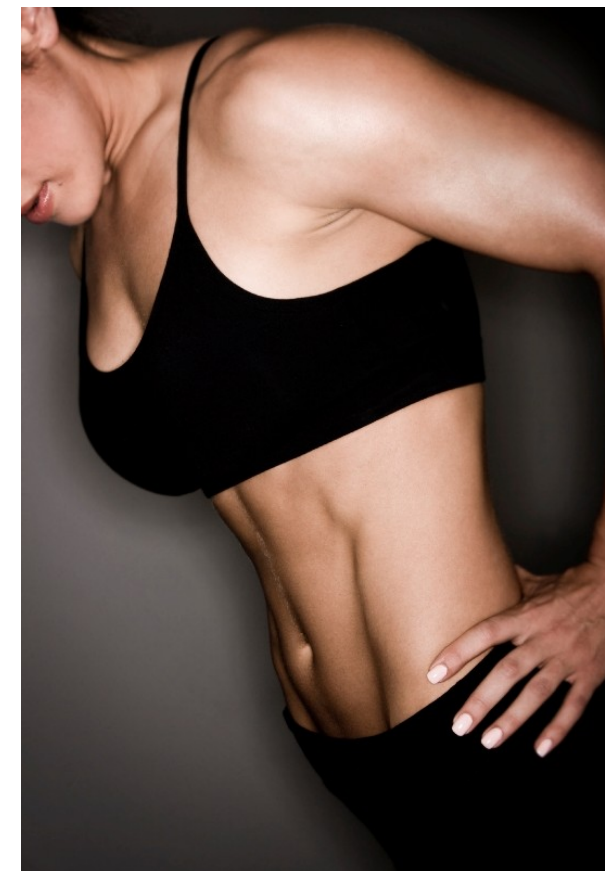
### Taekwon-Do




























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



THE TRINITY CENTRE HEALTHCLUB

# Winter / Spring 2012 STUDIO TIMETABLE



<b>Monday</b>			12.15 - 12.45 <b>Body Conditioning</b>  Roy	12.45 - 13.15 <b>Core Stability</b>  Mark	17.30 - 18.00 <b>Aerobiking</b>  Helen/Mark	18.00 - 19.00 <b>Boxercise</b>  Roy	19.00 - 20.00 <b>Shotokan Karate</b>  John <i>Additional Charge £4</i>
<b>Tuesday</b>	07.15 - 08.00 <b>Body Blitz</b>  Helen	12.00 - 12.45 <b>Body Blitz</b>  Roy	12.45 - 13.45 <b>Pilates</b>  Lucia	17.30 - 18.00 <b>Kettlebells</b>  Roy	18.00 - 18.45 <b>Body Burn</b>  Agi	18.45 - 19.30 <b>Aerobiking</b>  Mark	
<b>Wednesday</b>	07.15 - 07.45 <b>Aerobiking</b>  Mark	12.15 - 13.00 <b>Zumba</b>  Agi	13.00 - 13.45 20/20  Roy	17.30 - 18.00 <b>Aerobiking</b>  Helen	18.00 - 18.45 <b>Body Blitz</b>  Helen	19.00 - 20.30 <b>Taek-won do</b>  Derek <i>Additional Charge £4</i>	
<b>Thursday</b>	07.15 - 07.45 <b>Kettlebells</b>  Roy	12.15 - 13.00 <b>Aerobiking</b>  Mark/Helen	13.00 - 13.45 <b>Body Sculpt</b>  Agi	17.30 - 18.00 <b>Core Stability</b>  Mark	18.00 - 18.45 <b>Bums, Legs, Tums</b>  Agi	18.45 - 19.30 <b>Zumba</b>  Agi	
<b>Friday</b>		12.15 - 13.15 <b>Dynamic Yoga</b>  Cheryl	13.15 - 14.00 <b>Class of the week</b> (Different class each week)   Gym Team				
<b>Saturday</b>		10.00 - 11.00 <b>Taek-won do</b> Derek  <i>Additional Charge £4</i>					



**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



**Martial Arts:** These classes take you through the methods and practices of the specific martial arts