

New Class Timetable 2012

Menzies Welcombe Spa would like to introduce the NEW 2012 CLASS
TIMETABLE!!

Starting 9th January 2012 – Featuring:-



- ZUMBA with FERN! Twice a week – Tuesday morning and Thursday evening, classes feature exotic rhythms set to high-energy Latin and International beats. There's no other fitness class like a Zumba Fitness-Party – it's easy to do, effective, and totally exhilarating!



- POWER PLATE! Working in a small group with the Power Plate, these structured classes will target flexibility, endurance, core stability and strength –Two classes per week!
- CIRCUITS! Revamped and re-launched for the New Year, three weekly classes designed to test and improve all aspects of fitness. Fun, energetic and ideal for melting away those Christmas calories!
- DON'T FORGET! Hazel and Fern will be running their fantastic range of classes through 2012 – AQUA, BODY CONDITIONING, PILATES, BODY SCULPT and POWER CHI YOGA!
- BRING A FRIEND TO CLASS FOR JUST **£5** DURING JANUARY! Half price (**£15**) for use of facilities for any guest joining a member for a class
Pick up a new copy of the timetable from reception today