

Fitness Instructor:

Appointment:

OPENING TIMES FOR BUSY LIFESTYLES

Monday - Friday 06.00 - 22.00
 Saturday 08.00 - 19.00
 Sunday 08.00 - 20.00
 Bank Holidays 08.00 - 18.30

Please note that the sports, leisure and changing facilities close 15 minutes before the closure of the club itself

- Three large swimming pools – unrestricted swimming
- Two StarTrac fully equipped gyms
- The FitZone – for active and healthy young adults
- Thermal spa – sauna, steam room, jacuzzi, aroma shower and ice room
- Full racquets centre – badminton, tennis, squash and table tennis
- Solarium – get ready for summer!
- Dance Studio – great timetable, no bookings – FREE to members
- Pilates, Yoga, Aqua Aerobics, Piloxing – FREE to members
- Spin Studio – daily spin classes, pre bookable – FREE to members

HEALTH & FITNESS FOR EVERYONE

Castle Country Club Ltd, Rowton, Shrewsbury SY5 9EP

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CLASS TIMETABLE 2020

C O U N T R Y C L U B



Children's Class Timetable

MONDAY		Location	Instructor
10.00 – 12.00	Creche * PB	Creche	Amanda
16.00 – 18.00	Creche * PB	Creche	Amanda
16.00 – 17.00	Tennis 5 – 7 yrs * *** PB	Tennis Courts	Mike
16.30 – 17.30	Junior Kickboxing ***	Dance Studio	Rachel
17.00 – 18.00	Fit Kids 5 – 9 yrs	Badminton Hall	Club Team
17.00 – 18.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team
17.00 – 18.00	Tennis Coaching 10 – 15 yrs* *** PB	Tennis Courts	Mike
18.00 – 19.00	Football 8+ yrs	Outside	Alex
TUESDAY			
10.00 – 12.00	Creche * PB	Creche	Amanda
16.00 – 18.00	Swimming Lessons * *** PB	Pool	Phil
16.15 – 16.45	Ballet 3 – 4 yrs ***	Dance Studio	Annie
16.15 – 17.00	Tennis 5 – 8 yrs * *** PB	Tennis Courts	Mike
16.45 – 17.15	Ballet 5 – 6 yrs ***	Dance Studio	Annie
17.00 – 17.45	Badminton Coaching * *** PB	Badminton Hall	Caroline
17.00 – 18.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team
17.00 – 18.00	Tennis 9+ yrs * *** PB	Tennis Courts	Mike
17.15 – 17.45	Ballet 7 – 8 yrs ***	Dance Studio	Annie
WEDNESDAY			
09.30 - 10.00	Pre-school Swim 3 months – 5 yrs ***	Pool	Miranda
10.00 – 12.00	Creche * PB	Creche	Amanda
16.00 – 18.45	Swimming Lessons * *** PB	Pool	Phil
16.00 – 18.00	Creche * PB	Creche	Amanda
16.00 – 17.00	Tennis 5 – 8 yrs * *** PB	Tennis Courts	Mike
17.00 – 18.00	Fit Kids 5 – 9 yrs	Badminton Hall	Club Team
17.00 – 18.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team
18.00 – 19.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team

THURSDAY		Location	Instructor
10.00 – 12.00	Creche * PB	Creche	Amanda
15.30 – 17.30	Swimming Lessons * *** PB	Pool	Phil/Sam
17.00 – 18.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team
18.30 – 19.15	Aikido	Squash Courts	Richard
18.00 – 19.00	Football 5 – 8 yrs	Badminton Hall	Club Team
FRIDAY			
09.30 – 10.00	Mini Fit Kids ***	Squash Courts	Amanda
10.30 – 11.00	Pre-school Swim 3 months – 5 yrs ***	Pool	Miranda
10.00 – 12.00	Creche * PB	Creche	Amanda
16.00 – 17.00	Archery 8 – 11 yrs * ‡ PB	Outside	Caroline
17.00 – 18.00	Archery 12+ yrs * ‡ PB	Outside	Caroline
17.00 – 18.00	Fit Kids 5 – 9 yrs	Badminton Hall	Club Team
17.00 – 18.00	Fitzone Gym 10 – 15 yrs ** PB	Fitzone	Gym Team
SATURDAY			
09.30 – 12.45	Swimming Lessons * *** PB	Pool	Phil
10.00 – 11.00	Junior Bootcamp	Outside	Alex
11.00 – 12.00	Fitzone Circuits 10 – 15 yrs ** PB	Fitzone	Dan
SUNDAY			
11.00 – 12.00	Aqua Fun	Pool	Club Team

FitZone – Please ensure your child has had an induction in the fitzone.

FitZone Gym – Supervised gym session for 10-15yrs. You must have a program to attend.

FitZone Circuits – Instructor lead whole body conditioning class including resistance and high intensity aerobics.

Fitzone Inductions and Programs cannot be booked in the advertised times.

* Additional cost ** Limited Availability *** Term time only

‡ See notice boards PB Pre-bookable

Time	Class	Intensity	Location	Instructor
MONDAY				
08.00 – 09.00	Pilates	3	Dance Studio	Claire
09.15 – 10.15	Yoga	3	Dance Studio	Janice
09.15 – 10.00	Aqua Aerobics	2	Pool	Dan R
10.15 – 11.00	Spinning ^{PB}	5	Spin Studio	Miranda
10.15 – 11.15	Total Body Workout	4	Dance Studio	Claire
11.15 – 12.00	Zumba Gold	3	Dance Studio	Claire
18.00 – 19.00	Piloxing	5	Dance Studio	Liz
18.00 – 18.45	Spinning ^{PB}	5	Spin Studio	Gym Team
19.00 – 19.45	Spinning ^{PB}	5	Spin Studio	Gym Team
19.00 – 20.00	Power Flow Yoga	4	Dance Studio	Liz
20.00 – 21.00	The Mix (Commercial Dance)	5	Dance Studio	Liz
20.00 – 21.45	Ladies Tennis		Tennis Court	
TUESDAY				
09.15 – 10.15	Pilates	3	Dance Studio	Angela
10.15 – 11.45	Freestyle Fitness Yoga	4	Dance Studio	Julie
10.15 – 11.15	Circuits	5	Badminton Hall	Gym Team
10.30 – 11.30	Aqua Aerobics	4	Pool	Dan R
12.00 – 13.00	Functional Fitness	2	Dance Studio	Marion
18.00 – 18.45	Spinning ^{PB}	5	Spin Studio	Gym Team
18.15 – 18.45	Kettlecise	5	Dance Studio	Anna
18.45 – 19.30	Total Body Workout	4	Dance Studio	Anna
19.00 – 20.00	Masters Swim Set ^{PB ***}	5	Pool	Phil
19.15 – 20.15	Circuits	5	Badminton Hall	Gym Team
19.30 – 21.00	Yoga	2	Dance Studio	John
20.00 – 21.45	Tennis Club Night		Tennis Court	
WEDNESDAY				
06.30 – 07.15	Inferno	5	Badminton Hall	Sam C
09.30 – 10.30	Piloxing	5	Dance Studio	Liz
10.15 – 11.15	Spinning ^{PB}	5	Spin Studio	Sam
10.30 – 11.15	Inferno	5	Badminton Hall	Sam C
10.30 – 11.30	Ball Class	3	Dance Studio	Julie/ Angela
18.00 – 18.45	Pilates	5	Dance Studio	Dan R
19.00 – 20.00	The Mix (Commercial Dance)	5	Dance Studio	Liz
19.15 – 20.00	Aqua Aerobics	4	Pool	Dan R
20.00 – 21.45	Mens Tennis Night		Tennis Courts	
THURSDAY				
09.15 – 10.15	Step 'O' Tone	4	Dance Studio	Janice
10.15 – 11.15	Circuits	5	Badminton Hall	Gym Team
10.30 – 11.30	Aqua Aerobics	3	Pool	Dan R
10.30 – 11.30	Yoga	3	Dance Studio	Janice
12.15 – 13.00	Functional Lifestyle Forum	2	Various	Ady
13.30 – 14.30	Pilates	3	Dance Studio	Trisha
18.00 – 18.45	Spinning ^{PB}	5	Spin Studio	Gym Team
18.15 – 18.45	H.I.T.	5	Dance Studio	Dan R
18.45 – 19.30	Kettle Sculpt	5	Dance Studio	Dan R
19.15 – 20.15	Circuits	5	Badminton Hall	Gym Team
19.15 – 20.45	Aikido +	3	Squash Courts	Richard
19.30 – 20.30	Power Flow Yoga	4	Dance Studio	Liz
FRIDAY				
08.00 – 09.00	Freestyle Fitness Yoga	4	Dance Studio	Julie
09.15 – 10.00	Spinning ^{PB}	5	Spin Studio	Miranda
09.15 – 10.15	Total Body Workout	4	Dance Studio	Claire
09.30 – 10.15	Aqua Aerobics (Deep Water)	3	Main Pool	Dan R
10.15 – 11.15	Pilates	3	Dance Studio	Claire
11.15 – 12.00	Zumba Gold	2	Dance Studio	Claire
SATURDAY				
09.00 – 09.45	Spinning ^{PB}	5	Spin Studio	Dan
10.00 – 11.00	Step	4	Dance Studio	Janice
10.00 – 11.00	Bootcamp	5	Trim Track	Alex
10.30 – 12.30	Aikido +	3	Squash Courts	Richard
SUNDAY				
09.00 – 09.45	Spinning ^{PB}	5	Spin Studio	Ady
11.30 – 12.30	Pilates	3	Dance Studio	Trisha

** Limited Availability *** Term time only + Additional charge made ^{PB} Pre-bookable

MEMBERS ONLY CLASS TIMETABLE and DESCRIPTIONS



SPINNING

An excellent cardio workout that really burns the calories.

MASTERS SWIM SET

Cardiovascular training for competent swimmers.

STRENGTH, STRETCHING & FLEXIBILITY

A class of postures designed to strengthen and tone your body and increase flexibility.

WATER BASED WORKOUTS

Includes fun based kids activities as well as water based aerobic exercises.

AEROBIC BASED WORKOUTS

A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.

SKILL ACQUISITION CLASSES

Skills acquisition training.

FUNCTIONAL FITNESS FOR SENIOR MEMBERS

Specially designed to match each classmember's ability & based around gentle exercise that will stretch but not over challenge.

RESISTANCE & CARDIO BASED CLASSES

Higher impact classes using your own body resistance and free weights to enhance your workout.

EXERCISE FOR HEALTH

Progression from the Exercise on Prescription scheme. Continued supervision and support, in a group environment.

