

Group Exercise at The Northumberland Club Winter 2017

£3 for members - reserve your space by phone or via your tennis bookings account.

£6 for non-members - reserve your space by contacting reception on (0191) 281 5858.



Tennis, Squash, Badminton and Fitness

 Add us on Facebook

 Follow us on Twitter

- Bootcamp
- Spinning
- High Intensity
- Mind & Body
- Hot Pod Yoga
- Rhythm & Time

MORNING 06.30 - 12.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15 Spinning	06.30 - 07.30 Bootcamp	06.30 - 07.30 Hot Pod Yoga	06.30 - 07.30 Bootcamp	06.30 - 07.30 Hot Pod Yoga	08.30 - 09.30 Hot Pod Yoga	08.30 - 09.30 Hot Pod Yoga
09.30 - 10.30 Hot Pod Yoga	09.30 - 10.00 Toddlers	09.30 - 10.30 Hot Pod Yoga	09.30 - 10.15 Tone	09.30 - 10.30 Hot Pod Yoga	10.00 - 11.00 Hot Pod Yoga	10.00 - 11.00 Hot Pod Yoga
11.10 - 11.55 Spinning	10.15 - 10.45 Baby	11.10 - 11.55 Pilates	10.15 - 11.00 Metafit & Abs			11.30 - 12.30 Hot Pod Yoga
	11.00 - 11.30 Young Baby					

DAYTIME 12.00 - 17.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30 - 13.30 Hot Pod Yoga	12.00 - 12.45 Pilates	12.30 - 13.30 Hot Pod Yoga	12.00 - 12.45 Pilates	12.30 - 13.30 Hot Pod Yoga		

EVENING 17.00 - 22.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.30 - 18.30 Hot Pod Yoga	19.00 - 20.00 Hot Pod Yoga	17.45 - 18.30 PiYo	17.30 - 18.30 Hot Pod Yoga	17.30 - 18.30 Hot Pod Yoga		17.30 - 18.30 Hot Pod Yoga
19.00 - 20.00 Hot Pod Yoga	20.30 - 21.30 Hot Pod Yoga	18.30 - 19.15 Spinning	19.00 - 20.00 Hot Pod Yoga	19.00 - 20.00 Hot Pod Yoga		
20.45 - 21.30 Pilates		19.15 - 20.00 Spinning				



Group Exercise at The Northumberland Club Winter 2017

£3 for members - reserve your space by phone or via your tennis bookings account.

£6 for non-members - reserve your space by contacting reception on (0191) 281 5858.

SPINNING

Get your heart pumping with these group cycling classes where participants can modify the bikes resistance to meet their own personal workout needs. Bring your energy and prepare to have fun.

METAFIT & ABS

A combination of bodyweight only exercises and high intensity intervals that will keep you burning fat for up to 24 hours.

STONE

The exercises involve completing reps using a choice of weights and equipment and are designed to improve tone and burn body fat. This class varies from week to week to keep your body on its toes and ensure you continue to condition your whole body. The class is of a low-moderate intensity making it perfect for the beginner or senior member.

PIYO

PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

PILATES

Pilates aims to strengthen the body as a whole, with a strong focus on the core.

