



FITNESS

BLUE:

Sessions are included with Adult, Adult Saver, Family and Couples membership categories held mainly in the sports hall and are free of charge. Members should email gary@odfcfitness.com specifying their membership type to register and will be sent a link to book. The system allows you to book 1 session a day, everyday, 7 days in advance.

*HIIT and run sessions are in 2 x 30 minute blocks. The 30 min HIIT session starts first in the sports hall and is followed by a 30 minute cardio/run/walking session outside. Members are welcome to just attend the HIIT session or can do both.

GREEN:

Classes are included in the Adult, Adult Saver, family and couples membership categories free of charge. They are held in the Sports Hall. Book a place on www.northumberlandclub.org/coaching, non-members can pay on line.

All participants should book ahead to guarantee a place. Scan the QR code below and use the filter to choose 'Adult' and 'Fitness'.

WHAT TO DO

Book a place, bring a water bottle and a towel

If attending a class in the Sports Hall wear non-marking shoes to protect the courts

We have a number of spare mats should you forget yours!



MONDAY

- 06:15 - 07:00 | Ultimate Group Fitness
- 07:00 - 07:45 | Ultimate Group Fitness
- 09:00 - 10:00 | Circuits
- 12:05 - 13:00 | Strength & Conditioning
- 12.00 - 12.45 | Basecamp
- 18:30 -19:30 | 30 min HIIT and run *



TUESDAY

- 06:30- 07:30 | Spinning (held in the Tribal Cycle Hub)
- 09:30 - 10:20 | Pilates with Paul
- 12:15 -13:00 | Pulse and Tone
- 17:30 - 18:30 | Basecamp
- 18:30 - 19:30 | Deep Flow Yoga

WEDNESDAY

- 06:30-07:15 -Ultimate Group Fitness
- 9:30 - 10:30 | Strength & Stretch
- 12.00 - 12.45 | Basecamp
- 18:15 - 19:00 | Strength & Stretch



THURSDAY

- 06:15 - 07:00 | Ultimate Group Fitness
- 07:00 - 07:45 | Ultimate Group Fitness
- 10:45 - 11:45 | Pilates
- 12:00 - 12:45 | Pulse and Tone
- 17:30 - 18:30 | Basecamp
- 18:30 - 19:30 | Pilates (held on a squash court)

FRIDAY

- 06:30 - 07:15 | Ultimate Group Fitness
- 10:00 - 11:00 | Basecamp
- 12:05 - 13:00 | Strength & Conditioning with Paul
- 17:00 -18:00 | 30 min HIIT and Run*
- 17:30 - 18:15 | Basecamp



SATURDAY

- 07:00 - 08:00 | Fight Fit (Boxercise)

SUNDAY

- 16:00 - 17:00 - Slow Down Yin Yoga (ODFC) (Held in the main hall)



APRIL - MAY 2024 starts w/c 22nd April