

# gym classes

the gym @ parklands

## monday

LBT	JANET	9:15am - 10am
YOUNG @ HEART	LINDA	10am - 11am
PUMP	EMMA	11am - 12pm
SPIN	EMMA	12pm - 12:45pm
YOGA	JEN HEB	1pm - 2pm
SPIN & FAT BLAST	NICOLA D	6:30pm - 7:15pm
PILATES	NICOLA D	7:30pm - 8:15pm

## tuesday

SPIN	NICOLA D	6:45am - 7:30am
YOGA	JEN HEB	9:15am - 10:15am
AEROBICS	JANET	10:15am - 11:15am
SPIN	JANET	11:30am - 12:15pm
WATER AEROBICS	NICOLA D	12:30pm - 1:15pm
PUMP	JULIE	6pm - 7pm
PILATES	MARINA	7pm - 8pm

## wednesday

SPIN & HIIT	NICOLA D	6:45am - 7:30am
SPIN & WEIGHTS	EMMA	9:15am - 10am
YOUNG @ HEART	EMMA	10:15am - 11:15am
YOGA	LORRAINE	11:30am - 12:30pm
PILATES	MARINA	12:30pm - 1:15pm
PUMP	JULIE	6pm - 7pm
HIIT	JANET	7:15pm - 8pm

## thursday

SPIN & ABS	BARTEK	6:45am - 7:30am
SPIN & HIIT	CAROL	9am - 10am
PUMP	EMMA	10:15am - 11:15am
YOGA	JENNI W	11:15am - 12:15pm
WATER AEROBICS	NICOLA D	12:30pm - 1:15pm
LBT	SYLVIA	6pm - 7pm
YOGA	DONNA M	7pm - 8pm

## friday

PUMP	NICOLA D	7am - 7:45am
YOGA EXPRESS	JEN HEB	9:30am - 10:15am
STEP/TONING	JANET	10:15am - 11am
YOUNG @ HEART	EMMA	11am - 12pm
PILATES	NICOLA D	12pm - 12:45pm
PUMP	JULIE	6pm - 7pm

## saturday

YOGA	JEN HEB	9am - 10am
SPIN	NICOLA D	10:15am - 11am

## sunday

SPIN & WEIGHTS	BARTEK	10am - 11am
BOX-FIT	BARTEK	11am - 11:45am

Classes must be booked in advance:  
**0141 639 9222** (option 2)

All classes available for £6.50 Pay  
as You Go for non-members

All classes included with membership.  
Find out more about membership:  
[reception@parklandscountryclub.co.uk](mailto:reception@parklandscountryclub.co.uk)

@thegymatparklands

parklands  
HOTEL & COUNTRY CLUB

