

gym classes

the gym @ parklands

◆ monday ◆

SPIN	HAZEL	6:45am - 7:15am
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
○ COMMIT TO GET FIT	FITNESS TEAM	7:30pm - 8pm

◆ tuesday ◆

SPIN	NICOLA D	6:45am - 7:30am
YOGA	JEN HEB	9:15am - 10:15am
AEROBICS	JANET	10:15am - 11:15am
BODY CONDITIONING	JANET	11:30am-12:15pm
WATER AEROBICS	NICOLA D	11:30pm - 12:15pm
PUMP	JULIE	6pm - 7pm
PILATES	MARINA	7pm - 8pm
○ BOXING	FITNESS TEAM	7pm - 7:30pm

◆ 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
○ CIRCUITS	FITNESS TEAM	7pm - 7:30pm
STEP	JANET	7:15pm - 8pm

◆ thursday ◆

SPIN & ABS	JAMIE	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	11:30pm - 12:15pm
HIIT	CAROLE	6pm - 6:45pm
YOGA	DONNA M	7pm - 8pm
○ CIRCUITS	FITNESS TEAM	7pm - 7:30pm

◆ friday ◆

PUMP	NICOLA D	6:45am - 7:30am
YOGA EXPRESS	JEN HEB	9:15am - 10am
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	CAROLE	10am - 11am
BOX-FIT	CAROLE	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

@thegymatparklands

parklands
HOTEL & COUNTRY CLUB



○ Classes with this diamond symbol next to it are held in the Sports Hall.
All other classes are held in the Fitness Studio