

BRONZE MEMBERSHIP

ONE-OFF PAYMENT

- Use of all classes on the timetable
- Full use of gym facilities at all times

From **£17.50** per month*

1 MONTH
£32.50

3 MONTHS
£80

6 MONTHS
£120

1 YEAR
£215

SILVER MEMBERSHIP

MINIMUM 3 MONTH CONTRACT

- Monthly Collection
- Full use of the gym facilities at all times
- Regular programme reviews every 6 weeks
- Use of all classes on the timetable

£30 per month

GOLD MEMBERSHIP

MINIMUM 6 MONTH CONTRACT

- Monthly Collection
- Full use of the gym facilities at all times
- Regular programme reviews every 4 weeks
- One on one training once a month
- Use of all classes on the timetable
- Nutrition advice

£46 per month

BODY PROJECT 12 WEEK PROGRAMME

£400

- 1hr Personal Training per week
- Personalised Nutrition Plan and Support
- Individual Training Plan
- Full Gym Membership Including Classes



OTHER SERVICES

- Personal Training Sessions **£28**
- Book and pay for a course of 5 get 6th Free
- Personalised Nutrition Plan **£70** – Review **£30**
- Programme Review **£25**
- Gym Induction **£25**



Fitness Suite with over 30 pieces of hammer strength & life fitness equipment

Fully Air conditioned

Studio class time table with qualified instructors

Full changing/shower facilities

Nutrition plans

Sports massage



THE SITWELL ARMS

Opening Times:

Mon to Thurs 6.00am - 10.00pm

Fri 6.00am - 8.00pm Sat to Sun 8.00am - 5.00pm

The Sitwell Arms Hotel, 39 Station Road, Renshaw, Derbyshire S21 3WF
Telephone: 01246 435226 Email: fitness@sitwellarms.com



Gym and fitness

at affordable prices

Class Timetable and Membership Programme from May 2018

PAY & PLAY
GYM & CLASSES

£6

Per Entry

T: 01246 435226
E: fitness@sitwellarms.com

Fitness | Health | Well Being | Nutrition

BLOCK FIT

Four Workouts in One Class

A revolutionary all in one fitness brand that fuses Dance, Combat, Interval Training & Yoga together to give you the ultimate workout.

BODY PROJECT BOOT CAMP

12 Week Programme

A high energy workout using martial arts & boxing technique to really get the heart pumping, while incorporating strength work for toning & conditioning.

Places must be pre-booked and are payable in advance.
£60 non members and £25 members.

CARDIO COMBAT

A Choreographed Workout

Focusing on Coordination

A high energy workout using martial arts & boxing technique to really get the heart pumping, while incorporating strength work for toning & conditioning.



HILT

High Intensity Interval Training

A class based on high intensity training techniques to push you to your maximum potential. Not for the faint hearted!

INDOOR CYCLING

Strengthening and Cardio Combined

A challenging cycle class with varying intensities set to the beat of music, suitable for all ability levels from beginner to the advanced.

INSANITY

No Weights, No Gym, Just Insane Results!

A cardio based total body conditioning programme based on the principles of MAX Interval Training, pushing participants to new training heights. Delivers faster results & burns more calories to promote an efficient metabolism.

KETTLECISE

Effective Fitness Class Using Traditional Training Methods

An intense specific workout method using Kettlebells to help you to improve your overall fitness and increases strength, flexibility and endurance whilst helping you to gain a leaner body with improved posture.

POWER HOUR

Not for the faint hearted!

Using different training techniques each week to maximize fitness levels, pushing you to the next level.

STRENGTH & CONDITIONING

Strengthens and Tones

A non-stop routine that will work every muscle in your body to ensure you burn calories, tone up, improve posture, and dramatically improve your strength.

STEP IT UP

A Fast & Effective Cardio Workout

An aerobics class using a step box, with old & new moves to create a high impact, choreographed effective workout, with high intensity intervals.

YOGA/QI-GONG

Strengthens, aids Flexibility & Wellbeing

Using traditional Yoga, meditation & relaxation techniques. For those whose goal is maximum performance at work & play



ZUMBA

Energetic and Exhilarating Cardio Class

Combines Latin and International music with an easy to follow, fun, and dance & fitness based work out -Join the Party!

Class Policies and Procedures

Booking is Essential for all classes to avoid disappointment or cancellation of the class.

Classes are available to members and non members and can be booked 2 weeks in advance for members and 1 week non members.

Classes held in the studio are limited to 9/10 places and these places are on a first come first served basis.

If you are unable to attend the class you have booked, please call us with at least 4hrs notice. Consistent no show to classes would result in not being able to pre-book your place.

The use of mobile phones during a class is strictly forbidden

No bags or coats are to be taken into the class; lockers are provided outside the gym area.

The gym & class facilities are a chewing gum free zone.

Please ensure safe footwear when participating in a class, trainers should be worn for all classes unless instructed otherwise. These should be clean and free from mud or debris.

Please treat other participants and the instructor with respect during the class.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Strength & Conditioning
9.15 - 10.15am
(Studio)

HILT
9.15 - 10.15am
(Studio)

Body Bootcamp
6.30 - 7.15am
(Studio)

Cardio Combat
8.30 - 9.15am
(Studio)

Zumba

6.15 - 7.00pm
(Multi room)

Kettlecise
5.30pm - 6.15pm
(Studio)

Step It Up
6.15 - 7.00pm
(Multi room)

Yoga
9.15 - 10.15am
(Studio)

Yoga
9.45 - 10.45am
(Studio)

Power Hour
6.15 - 7.15pm
(Studio)

Indoor Cycling
6.20pm - 7.10pm
(Studio)

Strength & Conditioning
6.15 - 7.15pm

Indoor Cycling
5.30 - 6.15pm
(Studio)

Yoga / Qi-Gong
6.30 - 7.30pm
(Studio)

Indoor Cycling
7.15 - 8.15pm
(Studio)

Insanity
6.15 - 7.00pm
(Multi room)

Block Fit
7.15 - 8.15pm
(Multi Room)

Indoor Cycling
6.20 - 7.10pm
(Studio)

Yoga / Qi-Gong
7.15 - 8.15pm
(Studio)

ENJOY YOUR WORKOUT!

