

| Fitness Timetable | | | | |
|--|---|---|---|---|
| MONDAY | SPINNING COMBAT FITNESS BODY PUMP 50+ FITNESS AQUA FIT STOTT PILATES BODY CONDITIONING SPINNING YOGA | all levels all levels all levels all levels all levels all levels all levels | Becca Lisa Lisa Lisa Louisa Louisa Richard Zoe D | 7.00am - 7.45am 9.40am - 10.25am (crèche) 10.30am - 11.25am (crèche) 12.30pm - 1.15pm 1.00pm - 1.45pm 5.30pm - 6.25pm 6.30pm - 7.25pm 7.30pm - 8.15pm 8.30pm - 9.30pm |
| TUESDAY | SPINNING GENTLE YOGA BODY ATTACK ZUMBA PILATES AQUA FIT BODY ATTACK BOXERCISE AQUA FIT LEGS, BUMS & TUMS GYM CIRCUITS STOTT PILATES | all levels all levels all levels all levels all levels intermediate all levels all levels all levels members only all levels | Dawn Paula Jodie Lisa Viv Heather Becky Zoe S Helen Louisa Carla Louisa | 7.00am - 7.45am 8.00am - 9.00am 9.40am - 10.25am (crèche) 10.30am - 11.25am (crèche) 11.30pm - 12.30pm 1.30pm - 2.15pm 5.40pm - 6.25pm 6.30pm - 7.25pm 6.45pm - 7.30pm 7.30pm - 8.25pm 8.00pm - 9.00pm 8.30pm - 9.30pm |
| WEDNESDAY | BODY BLAST GENTLE YOGA LEGS, BUMS & TUMS BODY PUMP 50+ FITNESS PILATES AQUA FIT SPINNING INTERVAL CONDITIONING PUMPERCISE CHEEZIFIT | intermediate all levels all levels all levels all levels all levels all levels all levels all levels all levels all levels | Zoe Patricia Lisa Lisa Lisa Viv Lisa Richard Zoe S Zoe S Mel | 7.00am - 7.45am 8.00am - 9.00am 9.40am - 10.25am (crèche) 10.40am - 11.25am (crèche) 11.30am - 12.25pm 12.30pm - 1.30pm 1.30pm - 2.15pm 5.40pm - 6.25pm 6.30pm - 7.25pm 7.30pm - 8.25pm 8.30pm - 9.30pm |
| THURSDAY | SPINNING XPRESS KETTLERCISE INTERVAL CONDITIONING XPRESS ABS LINE DANCING (squash court 4) LINE DANCING AQUA ZUMBA BODY CONDITIONING ZUMBA SPINNING AQUA FIT GYM CIRCUITS STOTT PILATES | all levels intermediate intermediate all levels beginners advanced all levels all levels intermediate all levels all levels members only all levels | Dawn Zoe S Zoe S Zoe S Gill Gill Emma Louisa Louisa Louisa Heather Carla Louisa | 7.00am - 7.45am 9.00am - 9.30am 9.35am - 10.25am (crèche) 10.30am - 11.00am (crèche) 10.30am - 11.30am 11.30am - 12.30pm 12.30pm - 1.15pm 5.40pm - 6.25pm 6.30pm - 7.25pm 7.30pm - 8.15pm 7.45pm - 8.30pm 8.00pm - 9.00pm 8.30pm - 9.30pm |
| FRIDAY | BODY BLAST BODY CONDITIONING SPINNING STOTT PILATES 50+ FITNESS AQUA FIT SPINNING SPINNING | all levels all levels all levels all levels all levels all levels all levels all levels | Zoe S Elaine Elaine Louisa Lisa Lisa Carla Carla | 7.00am - 7.45am 9.35am - 10.20am (crèche) 10.30am - 11.00am (crèche) 11.25am - 12.20pm 12.25pm - 1.20pm 1.30pm - 2.15pm 5.00pm - 5.45pm 6.00pm - 6.45pm |
| SATURDAY | SPINNING BODY ATTACK BODY PUMP | all levels intermediate all levels | Emily Jodie Lisa | 8.30am - 9.15am 9.40am - 10.25am 10.30am - 11.25am |
| SUNDAY | SPINNING CHEEZIFIT | all levels all levels | Becca Roz | 9.00am - 9.45am 9.55am - 10.50am |
| BOOKING IS ESSENTIAL - Telephone Fort Stamford Health & Fitness on 01752 407999 | | | | |

Fitness Classes

50+ Fitness

A gentle and effective workout aimed at the older age group.

Aqua Zumba

Enjoy the Latin rhythm in the pool supported by the water. Fat burning fun for all ages.

Aqua Fit

A very effective fun workout to music in the swimming pool using floats, woggles etc.

Body Conditioning

Tone the whole body using small hand weights and exercubes with floor exercises.

Body Attack

A fat burning cardiovascular workout to activate the energy system with easy progressive movements. It appeals to men and women with moderate fitness levels who are seeking an athletic challenge. WARNING! THIS IS NO DANCE CLASS!

Body Blast

An early morning cardio and muscular blast workout using various studio equipment.

Body Pump

The ultimate barbell workout that challenges your strength and works every major muscle in your body. Suitable for men and woman of all fitness levels who are seeking a motivating class.

Boxercise

A fat burning and cardiovascular workout using boxing techniques. A great stress buster.

Cheezifit

Enjoy exercising to your favourite cheesy tracks. Work at your own pace and have a good laugh. Fun & Fitness – go for it!

Combat Fitness

A blend of Martial Arts and Thai-boxing mixed with a high intensity aerobic workout.

Triple Challenge

A Conditioning and Strength workout consisting of 15 minutes each of Strength, High Intensity Cardio and Core Conditioning.

Interval Conditioning

A cardio and muscular endurance workout using various equipment.

Just Jump

The Trampoline workout with great music, great moves and great fun. A cardio routine that will have you jumping for joy and burning at least 450 calories.

Kettlecise

An all over workout incorporating cardio weight training and core training using heavy or light kettlebells.

Legs, Bums And Tums (Lbt)

Exercise that concentrates on trimming the legs, bums and tums!

Line Dancing

Choreographed dances to popular music/songs. No boots, hats or partners required.

Gym Circuits

A combination of strength and aerobic work in the gym.

Pilates

A contemporary approach to the original method, working on deep core stability, leading to a flatter stomach, improved posture and flexibility.

Pumpercise

A combination of Kettlecise and Body Pump.

Qigong

Similar to TAI CHI but much simpler. A combination of breath and movement relaxing for the mind and body.

Step Aerobics

An old favourite, an excellent cardio vascular workout which targets the 'bottom half'.

Yoga

Joy and ease of movement, open the body, improve circulation and restore energy.

Zumba

Latin dance based exercise, fast, fun and fat burning.

- You may book up to one week in advance of the start of the class
- Members have priority when booking into busy classes.
- It is important that you are warmed up properly, so admittance will be denied five minutes after the class has started.
- CANCELLATION – We must insist on reasonable notice if you are unable to attend a class that has been booked or arrears may be charged.

Swimming Pool Timetable

Please check alternative timetable during school and bank holidays. Pool timetable may be subject to change. Please check our website www.fortstamford.co.uk for updates.

| | 7am-10am Adult Members Swim | | 10am-11.55am Members Leisure Time | 12noon - 12.50pm Adult Swim | 1pm - 1.45pm Aqua Fit | | 2pm -4pm Leisure Time | | 4pm -6.30pm Swimming Lessons | | 7pm-10pm Adult Members Swim | |
|------------------|---------------------------------------|--|---|-----------------------------------|--------------------------------|----------------------------------|---------------------------------|--|---|--|---|--------------------------------------|
| Monday | | | | | | | | | | | | |
| Tuesday | 7am-10am Adult Members Swim | | 10am-12 noon Pre School Lessons | 12noon - 1.30pm Adult Swim | 1.30pm - 2.15pm Aqua Fit | | 2.15pm - 4pm Leisure Time | | 4pm - 6.30pm Members Leisure Time | 6.45pm -7.30pm Aqua Fit | 7.30pm-10pm Adult Members Swim | |
| Wednesday | 7am-10am Adult Members Swim | | 10am-11.55am Members Leisure Time | 12noon - 1.30pm Adult Swim | 1.30pm - 2.15pm Aqua Fit | | 2.15pm -4pm Leisure Time | | 4pm -6.45pm Swimming Lessons | | 7pm-10pm Adult Members Swim | |
| Thursday | 7am-10am Adult Members Swim | | 10am-11.55am Members Leisure Time | 12.30 -1.15 Aqua Fit | | 1.45pm -3.15pm School Lessons | 3.15pm -4pm Leisure Time | | 4pm -6.45pm Swimming Lessons | 7pm - 7.45pm Adult Members Swim | 7.45pm -8.30pm Aqua Fit | 8.30pm-10pm Adult Members Swim |
| Friday | 7am-10am Adult Members Swim | | 10am-11.55am Members Leisure Time | 12noon - 1.30pm Adult Swim | 1.30pm - 2.15pm Aqua Fit | | 2.30pm - 4pm Leisure Time | | 4pm -6.45pm Swimming Lessons | | 7pm-10pm Adult Members Swim | |
| Saturday | 8am - 9am Adult Members Swim | | 9am-12.15pm Swimming Lessons | 12.15 - 1.30pm Adult Swim | | | 1.30pm - 8.30pm Leisure Time | | | | 6.30pm-7.30pm Adult Members Swim | |
| Sunday | 9am-10am Adult Members Swim | | 10am-11.55am Members Leisure Time | 12noon - 1.30pm Adult Swim | | | 1.30pm - 8.30pm Leisure Time | | | | 6.30pm -7.30pm Adul Members Swim | |

£5.50 non-member adults £3.50 children (over the age of 2) Child of member £1.60 exceptions. The jacuzzi, sauna and steam room is available for adult (over 18 years) members only. or other responsible adult MUST accompany all children under the age of 16 years. There are no exceptions. The jacuzzi, sauna and steam room is available for adult (over 18 years) members only. **Swimming Pool + Spa** Please see the pool timetable for the availability of the pool. This is an unsupervised pool. A parent or other responsible adult MUST accompany all children under the age of 16 years. There are no exceptions. The jacuzzi, sauna and steam room is available for adult (over 18 years) members only.

Tone Zone The Tone Zone exercise programme is beneficial to everyone, including those with joint or mobility problems. The smooth, power assisted, graded exercise takes away stress and muscle soreness and appeals to those who do not enjoy the more energetic gym work out or aerobic type of exercise. You can expect to experience inch loss with improved circulation, fitness levels and mobility. If you have not tried The Tone Zone yet, you can enjoy a complimentary session, which takes just forty minutes.

Aerobics Studio Our 1,000sq. ft. aerobics studio has a sprung floor and air conditioning. We offer a full range of fitness classes including Body Conditioning, Body Attack, Body Pump, Zumba Step, Aqua, Pilates and Yoga. Our instructors are all RSA qualified and are of the highest quality. Please see our separate class timetable for more details.

Fitness Suite A members only facility, fully air conditioned gymnasium, is, in our opinion, the finest, friendliest and best value for money gym in the area. With over 60 stations of the highest quality equipment, you should be able to move freely, even at the busiest of times. Your membership includes an induction course with one of our qualified instructors when you join so you will be shown how to use the equipment properly and safely. You will be given an individual exercise programme FREE of charge, which will be upgraded as necessary on a regular basis. We will help in every way we can to assist you in achieving your goals. Ask for a free health assessment after which you will be told just how fit and healthy you are.

RACKETBALL Ladies only Racketball is between 10.00am and 11.00am on Tuesdays and Thursdays. Mixed Racketball sessions are on Tuesdays and Thursdays between 11.00am - 12.00pm. Wednesdays 10.00am - 12.00pm. Advanced 11am – 12.15pm

JUNIOR SQUASH Every Saturday for children over six years, beginners are very welcome. Beginners 9.15am – 10am / Improvers 10am – 11am /

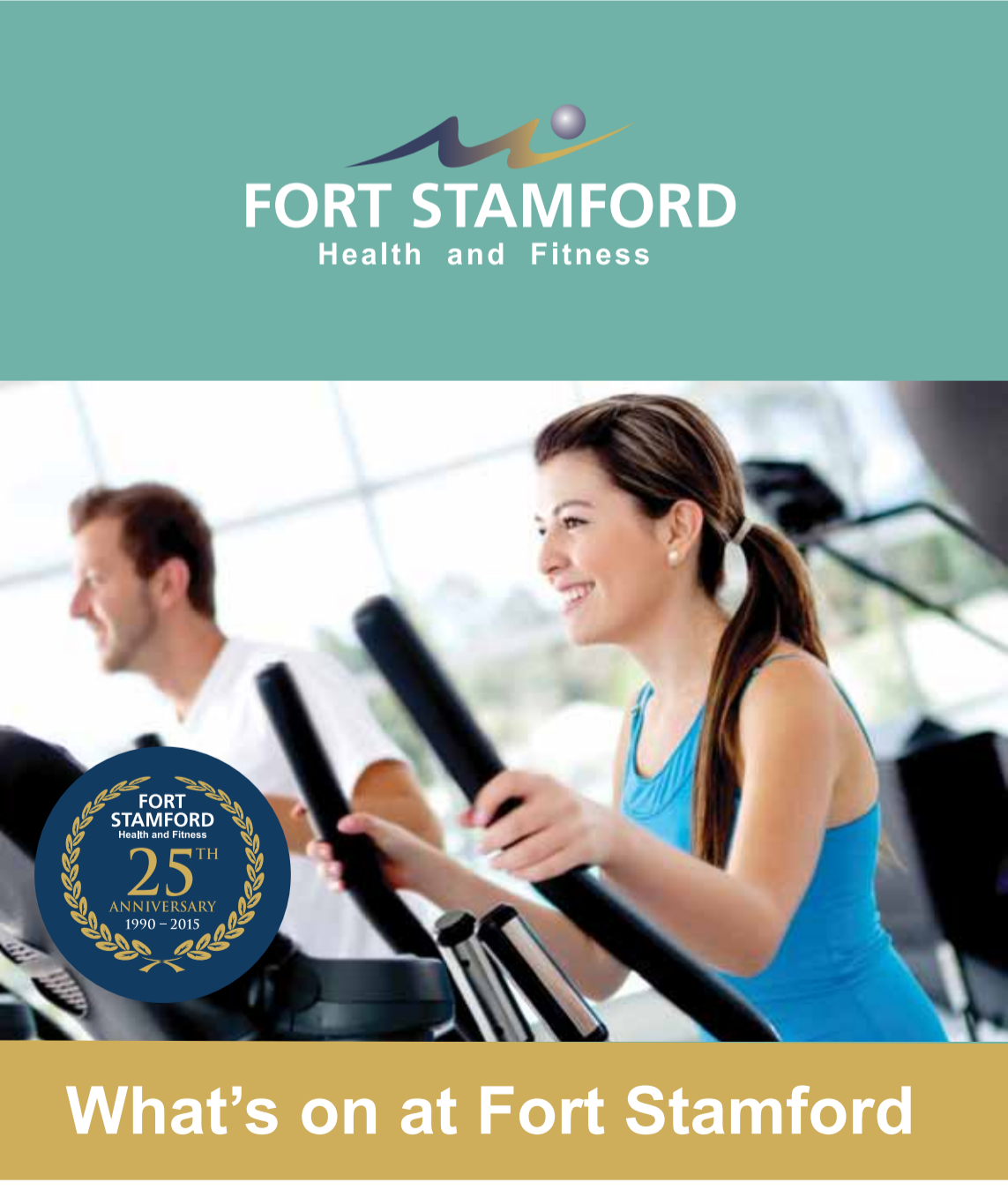
CLUB NIGHT Every Saturday 6.00pm – 8.00pm for squash players of all standards. A member must accompany non-members.

COACHING £4.00 group session £16 individual £5.50 non-member racketball coaching

STUDENTS Students may play squash or racketball until 5.00pm at a concessionary rate of £3.50.

Squash & Racketball We have four squash courts. Members are entitled to play free of charge. They can enter in the clubs internal squash and racketball leagues, competitions, and represent the club in Plymouth, County and National tournaments/leagues.

Opening Times: Monday – Friday 7am – 11pm Saturday 8am – 9pm Sunday 9am – 8pm



What's on at Fort Stamford

Fort Stamford Health & Fitness, Mount Batten, Plymouth. PL9 9TU
Tel: 01752 407999 Email: info@fortstamford.co.uk
www.fortstamford.co.uk

ALL DETAILS ARE CORRECT AT THE TIME OF PRINTING AND ARE LIABLE TO CHANGE WITHOUT PRIOR NOTICE. OCTOBER 2015.

Parties The lounge bar and conservatory can be hired for events such as birthdays, christenings, engagement parties, wakes or even weddings during the weekend and occasionally during the week. We can arrange a disco and buffet for you, or you can make your own arrangements. Please see our separate leaflet for details.

Café/Lounge Our licensed bar offers a choice of beers, lagers, wine, soft drinks, tea, coffee and hot chocolate. We also offer confectionery, homemade cakes and bar snacks. The conservatory is a child free area, ideal for a quiet coffee and cake, or just to take in the view.

Open to members and non-members. We have a number of different therapists who can offer: Beauty Therapy, Hairdressing, Facial Therapy (botox and dermal fillers), Physiotherapy, Hypnotherapy, Counselling and Sports Massage.

More details and how to book can be obtained from reception. Over 1 hour & 10 minutes: 1 child -£3.50 2 children -£6.50 3 children -£9.50 4 children -£12.50 Up to 1 hour & 10 minutes: 1 child -£3.00 2 children -£5.50 3 children -£8.00 4 children -£10.50 Please note that the following prices apply.

Crèche The crèche is suitable for children from birth to school age. You can leave your little ones in the care of the supervisors while you enjoy your weekly day Monday to Friday from 9.30am - 11.30am.

Childrens Parties We take the hard work out of organising your child's Birthday Party. We provide everything (except the birthday cake) for a successful party. There is a choice of fun for, kids club or swimming parties with either hot or cold food. Ask for the separate party leaflet for more details.

Initial induction costs £8, with following sessions costing £3. Gym is open Monday-Friday 3:45-4:45 and Saturday 11-12. Additional sessions will be available allowing rewards and recognition for improvement, attendance and bringing new members. Junior individual, focusing on their own goals and areas of enjoyment. A points scheme is in place. The programmes are personal to the individual, designed by our qualified gym instructors. The programmes are personal to the individual, focusing on their own goals and areas of enjoyment. A points scheme is in place.

Junior Gym Club Available for 11-18 year olds. Junior Gym is one hour of supervised activity that includes group circuit challenges, including floor work, weights and cardio blasts. In addition, individually tailored programmes are designed by our qualified gym instructors. The programmes are personal to the individual, focusing on their own goals and areas of enjoyment. A points scheme is in place.

£2.50 members child £2.99 non-members child Coaching is available for adults and children £4.00 group session £16 individual £5.50 non-member racketball coaching

Fun For The children's soft play adventure playground is super for children up to 8 years. With slides, climbing nets and lots more, it promotes interactive play and aids socialising skills.

Swimming Lessons For beginners and improvers. Sessions are half an hour with small classes for concentrated tuition. Steve offers both children and adult swimming lessons throughout the week. To book swimming lessons, please contact our swimming instructor Steve Langman.

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MEMBERSHIP PRICES AS FROM JANUARY 17

At Fort Stamford you can pay by one of three methods.

- Un-committed - Instalments by Standing Order on a month-to-month basis until such time that you notify us that you want to leave.
- Committed 12 months - join for an initial 12-month period paying equal monthly instalments by Direct Debit. This membership rolls on a month-to-month basis after the initial period, until such time that you notify us that you want to leave.
- Annually – A single payment for the year. The Administration Fee shall not be charged.

| | Monthly Membership with Fort Stamford | Interest Free Credit Agreement with Debit Finance plc | Annual Payment to Fort Stamford. |
|---|---------------------------------------|---|----------------------------------|
| | Uncommitted | Committed for 12 months | Annually |
| Individual | £49 | £39 | £468 |
| Individual's Partner living at same address paying by same method | £45 | £35 | £420 |
| Child of a member 16-23 years old Full use of club facilities excluding under 18's in the spa area. 2-18 years old Includes off peak squash, junior gym (11-18 years old) and swimming when accompanied by an adult. We do not charge an admin fee for your children. | £22 | £18 Your child is not tied into your annual commitment | £216 |
| Child of non-member 2-18 years old, includes off peak squash, junior gym (11-18 years) and swimming when accompanied by an adult | £24 | N/A | £288 |
| Senior 60+ | £41 | £35 | £420 |
| Senior Partner 60+ living at same address, paying by same method | £37 | £31 | £372 |
| Student 18+ must be in full time education | £28 | N/A | £336 |
| Corporate | £45 | £35 | £420 |
| Corporate Partner | £41 | £31 | £372 |

- You may change from an uncommitted membership to a 12 month membership at any time without a further Administration Fee applying
- Members may take their (non-member) spouse, children, parents or grandchildren for a swim during members only swimming sessions. Adults pay £5.50 and children aged 2 – 16 years pay £1.60.
- Our current policy is not to increase prices to existing members. The management reserve the right to change this policy giving one month's notice.

SHORT TERM RATES (No Administration Fee applies):
- £24 per week, £39 per fortnight, £64 per month

Inclusive membership includes use of the following facilities;
Gymnasium, Swimming Pool, Squash Courts, Spa (Sauna, Steam Room, Jacuzzi), Tone Zone, Fitness Classes, Tennis & Table Tennis.