

Studio Timetable



MON	9.30am - 10.30am	Legs Bums and Tums	Alida Biagi
	10.30am - 11.00am	Metafit™	Heather McLeod
	12.00pm - 1.00pm	Zumba Gold™	Suely Wiseman
	5.30pm - 6.15pm	Plyo Circuits + Abs	Justin Fullarton
	6.15pm - 7.15pm	Kettlercise®	Heather McLeod
	6.30pm - 7.15pm	Hardcore Bootcamp	Justin Fullarton
	7.15pm - 7.45pm	Metafit™	Heather McLeod
7.45pm - 8.45pm	Body Conditioning	Heather McLeod	

TUES	6.30am - 7.15am	Morning Bootcamp	Justin Fullarton
	9.30am - 10.30am	Kettlercise®	Heather McLeod
	5.30pm - 6.00pm	Fat Burn Extreme (FBX)	Diane Steel
	6.00pm - 6.45pm	Kick Boxercise	Diane Steel
	6.45pm - 7.15pm	HardCORE Abs	Justin Fullarton
7.15pm - 8.00pm	Suspension Fitness	Justin Fullarton	

WED	5.45pm - 6.30pm	Chick Fit term time	Heather McLeod
	6.30pm - 7.00pm	Metafit™	Heather McLeod
	7.15pm - 7.45pm	Metafit™	Heather McLeod
	8.00pm - 9.15pm	Yoga (flow)	Wendy Craig

THURS	9.30am - 10.30am	Aerotone 50/50	Alida Biagi
	12.00pm - 1.00pm	Zumba Gold™	Suely Wiseman
	5.15pm - 5.45pm	Fat Burn Extreme (FBX)	Diane Steel
	6.30pm - 7.30pm	Kettlercise®	Heather McLeod
	6.30pm - 7.30pm	Run Club	Claire Rogerson
7.30pm - 8.30pm	Boxercise	Moira Calvert-Walsh	

FRI	9.30am - 10.15am	Plyo Circuits + Abs	Justin Fullarton
	5.30pm - 6.15pm	Suspension Fitness	Justin Fullarton
	6.15pm - 7.00pm	Suspension Fitness	Justin Fullarton

01292 474700

PRESTWICK TENNIS AND FITNESS
1 Whinfield Place, Prestwick, KA9 2TS

enquiries@prestwicktennis.org

www.prestwicktennisandfitness.org



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Ketlercise®

Integrates the traditional kettlebell in to a high volume, low intensity; all over body workout, heart pumping, fat burning, muscle toning class routine. Delivering a lean, toned body without the look of huge bulky muscles.

Flow Yoga

Lead you through a series of standing and seated postures that develop strength, stamina and flexibility. No prior experience required.

Chick Fit

A fun work out for teenage girls including; Metafit, Aerobics and Teen Boxercise. Runs during term.

Kick Boxercise® / Boxercise

Kick Boxercise/Boxercise – Boxing/Kick Boxing Based workout using circuits and Padwork for a fun way to burn calories and relieve stress.

Plyo Circuits +Abs

Cardio based bodyweight circuit workout with a good measure of abs work.

Morning Bootcamp

Get you workout in before heading to work at our 45min indoor bootcamp.

Metafit™

A high intensity 30min workout designed to burn fat and change your body shape.

Hardcore Bootcamp

Outdoor, hardcore workout! Flip tyres, swing sledge hammers, use battle ropes and much more.

Run Club

Perfect for all levels of ability, using different types of running training to challenge your fitness.

Legs Bums and Tums

The ultimate lower body workout. Tone up those problem areas using traditional body weight exercises and modern Pilates techniques.

Body Conditioning

Whole body workout focusing on aerobic endurance and strengthening exercises using light weights suitable for everyone.

Fat Burn Extreme (FBX)

FBX is a fixed 20 minute, Maximal Intensity Workout with no set rest periods. Making it specific to the individual regardless of Age, Gender, or Current Fitness Capabilities.

Aerotone 50/50

A whole body non stop workout using light weights, bands or sliding discs to push your fitness.

Zumba Gold™

The lower impact, easy to follow, latin inspired dance fitness party that keeps you in the groove of life.

Suspension Fitness

Train using your own bodyweight in this total body workout to increase core strength and balance whilst burning lots of calories.

HardCORE Abs

A quick 30min workout to strengthen and tone all of your CORE muscles.

SHOULD I BOOK?
COST FOR MEMBERS?

COST FOR NON MEMBERS?

Booking is essential. Contact reception for details on how to book.
Classes Free to Peak Members.
Off Peak Members pay non member rates for classes outwith off peak times.
£3 for 30 min classes and Teenage Fitness Classes
£5 for Yoga (flow)
£4 for all other classes.

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