



New Year New You!

Its time for a fresh start & we are here to lend a helping hand! All facilities included in gym membership.

What we have...

- ü Cardio Studio, Weights Abdominal \ Core area, Power Plate vibration training room to tone.
- ü Personal trainers to guide you every step of the way
- ü Free Group Personal Training
- ü Large variety of day & night classes
- ü Weight checks & Fitness analysis.
- ü Gym challenges with free t shirt to all finishers
- ü Use of Badminton, Tennis Courts & Parkland Track



Vibration training,
Fitness classes,
Personal Training
& more....

Tel: 01723 892882

Hall Park Rd, Hunmanby, Nr filey
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Restart dates of classes & prices for non members

DAY	ACTIVITY	TIME	Restarts
MON	SPINNING BODY BIKE	9.15AM	4th Jan
	POWER CHIYOGA	6.30PM	
	NEW GROUP GYM TRAINING SESSION	6.30PM	
	BADMINTON NIGHT	7.30 - 10PM	
	GROUP PERSONAL TRAINING	7.30PM	
TUES	GROUP PERSONAL TRAINING	8PM	5th Jan
	POWER CHIYOGA	9.30AM	
	CIRCUIT FITNESS	6.30PM	
WED	*FREE STYLE MARSHALL ARTS £6 non members £4 members	7.30PM	6th Jan
	NEW! ZUMBA £3 members £5 non member (or £4 for prepaid course)	9.30AM	
	SPINNING BODY BIKE	6.15PM	
	SPINNING BODY BIKE	7PM	
	NEW! BODY BLADE	7PM	
THURS	NEW! BODY BASICS	7.30PM	7th Jan
	GROUP GYM TRAINING SESSION	9.15AM	
	NEW! TOTAL BODY CONDITIONING	6.30PM	
	NEW! ZUMBA £3 members £5 non member (or £4 for prepaid course)	7.30PM	
FRI	SPINNING BODY BIKE	7.30AM	9th Jan
	NEW! BIKER ABS	9.15AM	
	NEW! BODYBASICS	10.15AM	
	BIKER ABS	6.15PM	
	NEW! BOXERCISE	7.15PM	

www.hunmanbyhall-leisure.co.uk All free to gym members except*.
Non members £5 individual session or £4 for prepaid 5 week course