



Micro Hall, Group & Fitness Programme

Tanya Manock

Fitness Training with Tanya

Tel: 07917100719

Email:

tanyamanock@hotmail.com

Alf & Chloe

Alf's Blackbelt Academy

Karate

Tel: Alf – 07791600009

Tel: Chloe - 07545864216

Email:

alfsblackbeltacademy@gmail.com

Tom Lemon / Simon

Roberts

HBSC Head Coach

Tel: 07849979045

Email:

hbsctennis@gmail.com

Sara Lucarelli

yogilifemanchester@gmail.com

Monday					
Time	Class	Level	Instructor	Members Cost	Non-member Cost
10.00-10.45	Fit Mums	All	Tanya Manock	£3.00	£4.00
11.00-12.00	Zumba	All	Tanya Manock	£3.00	£4.00
18.00-18.45	Metafit/abs blast	All	Tanya Manock	£3.00	£4.00
19.00-19.45	Pound (pre-book only)	All	Tanya Manock	£5.00	£5.00
19.50-20.50	Pilates Beginners	All	Tanya Manock	£5.00	£6.00
Tuesday					
19.00-20.00	Karate	All	Alf & Chloe	£5.00*	£5.00*
Wednesday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
10.00-12.00	Painting Group	All			
18.00-1830	Metafit	All	Tanya Manock	£2.00	£3.00
18.30-19.15	Body Conditioning	All	Tanya Manock	£3.00	£4.00
19.30-20.15	Zumba	All	Tanya Manock	£3.00	£4.00
Thursday					
14.00-16.00	Table Tennis U3A (June 8 th 22 nd , July 6 th , July 13 th ,27)	All	Contact U3A		
18.00-19.00	POUND (Pre-book only)	All	Tanya Manock	£5.00	£5.00
19.00-20.00	Karate	All	Alf & Chloe	£5.00*	£5.00*
Friday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
10.00-10.45	Legs, Bums & Tums	All	Tanya Manock	£3.00	£4.00
11.00-12.00	Pilates Beginners	All	Tanya Manock	£5.00	£6.00
Saturday					
Sunday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
9:30-10:30	Cardio Tennis	All	Tom Lemon	£2.50	£2.50
11.00-13.00	Yoga 11 th June,23 rd July, Sept 10,24, Oct 8	All	Sara Lucarelli		

Karate (Age 4years plus)

Lessons in free style Karate, Jujitsu & Kickboxing. Fantastic for children struggling to focus, lack self-esteem or have issues with fitness. *2 free introductory sessions and on the 3rd session it's £5.00 per session and a £20 annual licence fee.

Zumba

This fun and exciting fusion of Latin and International music features easy to follow body sculpting movements of varying rhythms to tone and burn calories. Feel good and get fit!

Cardio Tennis

A series of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills, but is all about keeping your heart beat up, burning calories and having fun. Includes a warm-up, work out and cool down.

Metafit

Uses High Intensity Interval training (HIIT). The class uses bodyweight exercises which target the largest muscle groups in the body for greater effect. Trust me 30 minutes is long enough!

Piloxing

Blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun of dance into a high energy interval workout.

Legs, Bums & Tums

Low impact toning for 'legs, bums and tums'.

Body Conditioning

Focusing on strength, muscular endurance and fitness conditioning, these classes will help to develop a strong and toned physique. Body conditioning classes involve a high energy, high impact workout, which typically involves a combination of aerobics and toning.

POUND

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.