

# CLASS BOOKING RULES

## LET'S MAKE GROUP FITNESS WORK!

1. By signing in to the Club (presenting your membership card) you agree to acceptance of the Health Commitment Statement and House rules.
2. All participants of any classes organised by the club must be aged 16 or over.
3. The club member must arrive and be ready for the class in good time for the instructor to start promptly. The instructor will need to complete a register and you should make yourself known to the instructor so they can mark you in attendance.
4. Classes are only available to members during their membership access times.
5. Bookings for classes are made via our booking portal, [www.holmerpark.co.uk](http://www.holmerpark.co.uk)
6. Bookings are fully managed by the club member via the booking portal.
7. In most cases, classes are bookable 14 days in advance from 06.30am. Under some instances this may change and notice will be given to the club member informing them of this.
8. Waiting Lists- All waiting lists for classes are handled automatically by our booking system. The club member will join the waiting list on a first come, first serve basis. A maximum of 10 club members can join a waiting list. As a place becomes available the system will send a notification by email to the no 1 position club member on the waiting list informing them that they have automatically been promoted to the class list. If the club member no longer wishes to attend that class, they can log in to the booking portal and cancel their booking. The system will then promote the next club member on the waiting list. The current waiting list position of the club member is viewable on the home page of the club members booking portal, along with all other future bookings. If the club member is a "no-show" due to unforeseen circumstances, they can email [groupfitness@holmerpark.co.uk](mailto:groupfitness@holmerpark.co.uk) at the earliest opportunity. It is at the discretion of club management whether or not to apply a "strike" and reasons will be considered on a circumstance by circumstance basis.
9. Cancellation of bookings- The club member can cancel bookings up to 2 hours before a class is due to start. If due to unforeseen circumstances the club member is required to cancel after the 2-hour cut off period then they must call the club reception on 01432 370222 at the earliest opportunity. Cancellations in this method will be considered on a circumstance by circumstance basis and may result in a "no-show".
10. No Show- A club member that does not attend a booked class or a class that they have been promoted to from a waiting list will be treated as a "no-show". A 3-strike policy is in place for 3 missed classes. At 2 strikes the club member will be emailed to inform them that they have 2-strikes. At 3-strikes the club members booking rights will be removed until a £20 fee is paid of which 50% is donated to our chosen charity at the end of the current year. The club, following payment, will re-instate the booking rights and settled strikes will be removed. Strikes remain on the member profile for 1 calendar year. If the club member is a "no-show" due to unforeseen circumstances, they can email [groupfitness@holmerpark.co.uk](mailto:groupfitness@holmerpark.co.uk) at the earliest opportunity. It is at the discretion of club management whether or not to apply a "strike" and reasons will be considered on a circumstance by circumstance basis.
11. The club reserves the right to cancel any class or booking at any time leading up to the class start time, without giving reason for doing so. We will attempt to contact all participants of the class if the class is cancelled, however Holmer Park will not be responsible for any costs incurred for any travel to the club. We may contact you any of the following ways: phone, text or email.
12. If we need to re-arrange the time of a class, we will attempt to contact all participants of the class however, Holmer Park will not be responsible for any costs incurred for any travel to the club. We may contact you any of the following ways: phone, text or email.
13. By completing any reservation for any classes, you agree to the above.
14. We may need to change this from time to time and reserve the right to do so without warning.

# GROUP EXERCISE

## STUDIO CLASS TIMETABLE



# CLASS TIMETABLE

MON	06.45-07.30 YOGA	07.15-07.45 SPIN	09.00-09.25 BODY BLAST	09.30-10.15 ATTACK	10.30-11.15 SPIN	10.30-11.15 DYNAMIC PILATES	11.30-12.15 AQUAFIT	11.30-12.15 MEDITATION	12.30-13.30 YOGA	15.00-15.45 STRETCH	17.30-18.00 20/10	18.15-19.15 BODY PUMP	18.15-18.45 BEGINNERS SPIN	18.30-19.15 AQUAFIT
	19.00-19.45 SPIN	19.30-20.15 FITSTEPS	19.30-20.30 HOT YOGA*											
TUE	06.45-07.15 TOTAL TONE	06.45-07.30 YOGA	09.00-09.25 BODY BLAST	09.30-10.30 BODY PUMP	09.30-10.30 HOT YOGA*	10.30-11.00 BEGINNERS SPIN	10.45-11.30 DANCE FIT	11.00-12.00 YOGA	17.30-18.15 BODY BALANCE	18.30-19.30 BODY COMBAT	19.30-20.00 LEGS BUMS & TUMS	19.00-19.45 SPIN	19.15-20.00 MEDITATION	20.15-21.15 YOGA
WED	06.45-07.30 HURRICANE	06.45-07.30 YOGA	09.00-09.25 TOTAL TONE	09.30-10.15 PILATES	10.30-11.15 SPIN	10.30-11.15 FITSTEPS	11.30-12.30 YOGA	12.45-13.30 SILVER SWANS	17.30-18.00 BOXFIT	18.15-19.15 BODY PUMP	18.15-19.15 PILATES	18.30-19.15 AQUAFIT	19.30-20.15 SPIN	19.30-20.30 YOGA
THU	06.45-07.15 TOTAL TONE	06.45-07.30 YOGA	09.00-09.25 ATTACK	09.30-10.30 BODY PUMP	10.35-11.20 STRETCH	10.30-11.30 TAI CHI	11.30-12.15 AQUAFIT	11.30-12.30 YOGA	15.30-16.30 PILATES	17.30-18.00 BODY BLAST	18.00-18.45 ATTACK	18.15-18.45 BEGINNERS SPIN	19.00-20.00 PILATES	19.00-19.45 SPIN
	19.15-20.15 TAI CHI	20.15-21.00 DANCE FIT												
FRI	06.45-07.30 YOGA	07.15-07.45 SPIN	09.00-09.25 LEGS BUMS & TUMS	09.30-10.15 CARDIO STEP	09.30-10.30 HOT YOGA*	10.30-11.15 SPIN	11.00-12.00 BEGINNERS YOGA	17.30-18.15 BODY BALANCE	18.15-19.00 BODY COMBAT	18.00-19.00 YOGA	19.00-19.30 SPIN	19.10-20.10 YOGA	20.15-21.00 DANCE FIT	
SAT	09.00-09.30 LEGS BUMS & TUMS	09.40-10.25 BODY PUMP	10.30-11.15 SPIN	10.15-11.15 YOGA	12.00-12.45 FITSTEPS	11.30-12.30 HOT YOGA*								
SUN	09.00-09.30 TOTAL TONE	10.30-11.15 SPIN	10.30-11.30 YOGA	10.30-11.30 BODY COMBAT	11.45-12.45 YOGA	18.00-19.00 YOGA								



\* A towel is a requirement for this class

Book Your Classes Online

[www.holmerpark.co.uk](http://www.holmerpark.co.uk)

Tel: 01432 370 222

 GROUP FITNESS STUDIO  
 WELLNESS STUDIO

 SPIN STUDIO  
 POOLSIDE