



# PERSONAL TRAINING

ARE YOU ...  
LACKING IN CONFIDENCE  
IN THE GYM?  
NEED GUIDANCE /  
DIRECTION WITH YOUR  
TRAINING?  
AN EXTRA PUSH?  
OR FANCY TRYING  
SOMETHING NEW?  
WE CAN HELP ...

MOTIVATION

DIRECTION

ACHIEVEMENT

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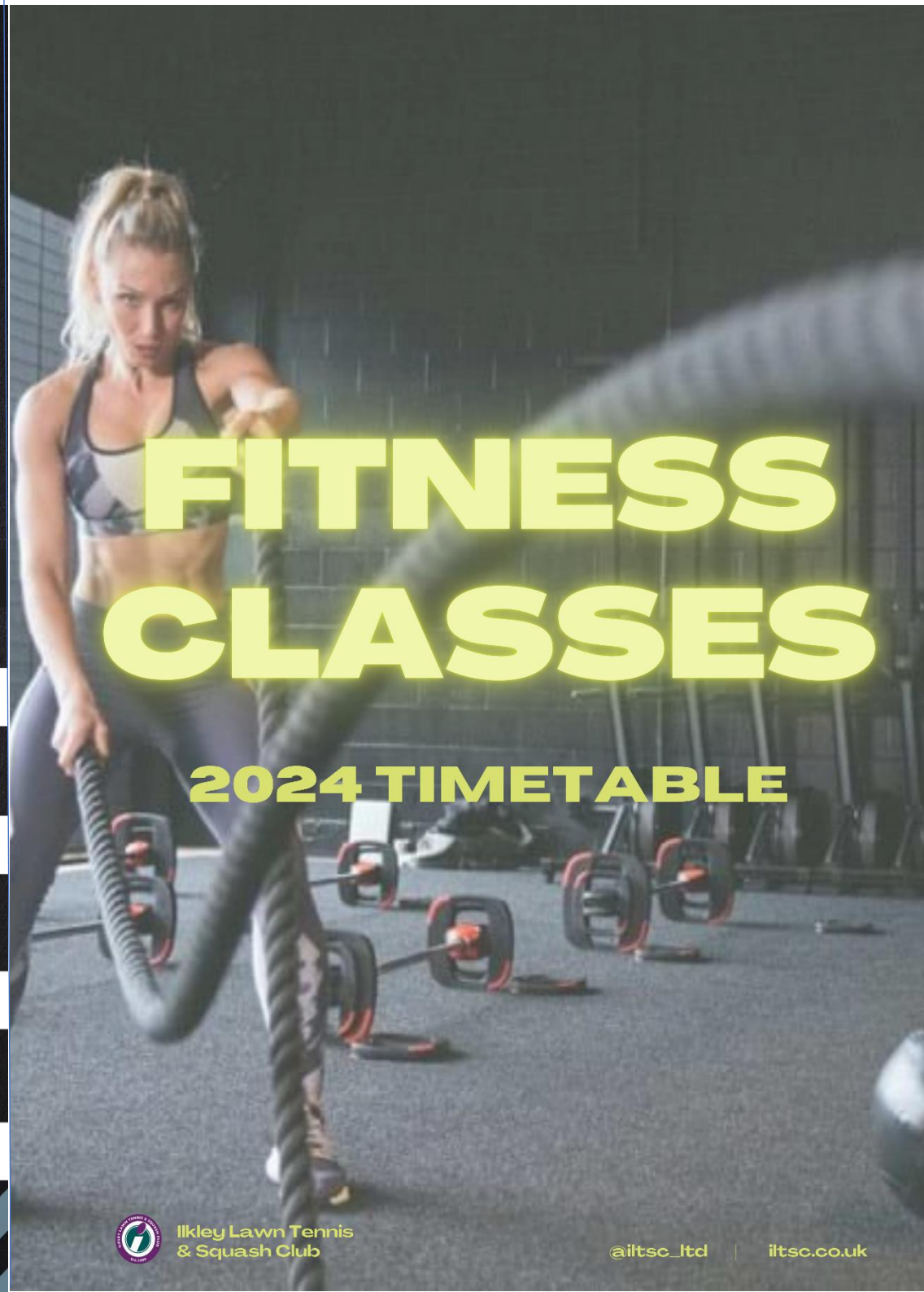
**JO**

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CONTACT US TO START YOUR JOURNEY  
TO A FITTER, HEALTHIER YOU!



# FITNESS CLASSES

## 2024 TIMETABLE



Ilkley Lawn Tennis  
& Squash Club

@iltsc\_Itld

iltsc.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am <b>Spin</b> with <i>Abi</i>	7.15am <b>Spin</b> with <i>Sarah</i>	7.15am <b>Spin</b> with <i>Emma</i>	7.15am <b>Velocity</b> with <i>Gareth</i>	7.15am <b>Velocity</b> with <i>Jonny</i>	8.15am <b>Spin</b>	8:30am <b>Spin</b> with <i>Jonathan</i>
8.15am <b>Spin</b> with <i>Sarah</i>	7.00am <b>Pilates Fusion</b> with <i>Emma</i>	7.15am <b>Velocity</b> with <i>Jess</i>	8.00am <b>Bodyburn</b> with <i>Kiara</i>	8.00am <b>Spin</b> with <i>Sarah</i>	9am <b>Bodyattack</b> with <i>Jonathan/Rebecca</i>	9.30am <b>Bodypump</b> with <i>Adela</i>
8.15am <b>Move Freely</b> with <i>Claire</i>	8.15am <b>Total Tone</b> with <i>Sarah</i>	7.15am <b>Vinyasa Flow Yoga</b> with <i>Claire Roo</i>	8.00am <b>Spin</b> with <i>Rebecca</i>	8.15am <b>Bodypump</b> with <i>Claire</i>	9.15am <b>Spin</b>	9:30am <b>Spin</b> with <i>Jonathan</i>
9.15am <b>LBT</b> with <i>Sarah</i>	9.15am <b>Hatha Yoga</b> with <i>Chloe</i>	8.15am <b>Peak Posture</b> with <i>Emma</i>	9.00am <b>PIYO</b> with <i>Rebecca</i> 825 6363 2011	9.00am <b>Velocity</b> with <i>Jonny</i>	10.15am <b>Bodypump</b> with <i>Jonathan / Rebecca</i>	10.45am <b>Yoga</b> with <i>Chloe</i>
9.15am <b>Spin</b> with <i>Claire</i>	9.30am <b>Spin</b> with <i>Claire</i>	8.30am <b>Spin Express</b> with <i>Jo</i>	9.00am <b>Spin</b> with <i>Kiara</i>	9.00am <b>Spin</b> with <i>Sarah</i>		
10.15am <b>Pilates</b> with <i>Jo</i>	10.30am <b>Bodypump</b> with <i>Claire</i>	9.15am <b>Spin</b> with <i>Jo</i>	9.30am <b>Power Up</b> with <i>Ele</i>	9.30am <b>Metafit</b> with <i>Claire</i>		
10.15am <b>LIFT</b> With <i>Tilly &amp; Marcus</i>	11.30am <b>Pilates</b> with <i>Ele</i>	9.30am <b>Bodypump</b> with <i>Claire</i>	10.00am <b>Pilates</b> with <i>Rebecca</i>	10.15am <b>Pilates</b> with <i>Jo</i>		
10:15 <b>Easy Rider (spin)</b> With <i>Claire</i>		10.45am <b>Easy Rider (spin)</b> with <i>Claire</i>	10.15am <b>LIFT</b> with <i>Tilly &amp; Marcus</i>			
11.20am <b>Pilates</b> with <i>Jo</i>		10.45am <b>Yoga</b> with <i>Michelle</i>	11.00am <b>Pulse Pilates</b> with <i>Ele</i>			
1pm <b>Pilates</b> with <i>Michelle</i>	5.30pm <b>Bodypump</b> with <i>Claire</i>			5.15pm <b>Pilates</b> with <i>Eugenie</i>		
5.30pm <b>Bodyattack</b> with <i>Jonathan</i>	5.30pm <b>Spin</b> with <i>Gareth</i>	5.15pm <b>Pilates</b> with <i>Eugenie</i>	5.30pm <b>Bodypump</b> with <i>Jonathan</i> 814 1726 8938	6.00pm <b>Velocity</b> with <i>Tilly</i>		
5.45pm <b>Spin Express</b> with <i>Emma</i>	6.30pm <b>Spin Express</b> with <i>Gareth</i>	6.15pm <b>Bodypump</b> with <i>Claire</i>	5.30pm <b>Spin</b> with <i>Gareth</i>	6.15pm <b>Align Yoga</b> with <i>Emma</i>		
6.30pm <b>Boxercise</b> With <i>Jonathan</i>	6.30pm <b>Velocity</b> with <i>Jonny</i>	6.15pm <b>Pilates Foundations</b> with <i>Eugenie</i>	6.45pm <b>Pilates</b> with <i>Eugenie</i>	7.15pm <b>Relax &amp; Restore Yoga</b> with <i>Emma</i>		
6.30pm <b>Spin</b> with <i>Emma</i>	6.45pm <b>Yoga</b> with <i>Claire</i>	6pm <b>Spin</b> with <i>Abi</i>	6.45pm <b>Spin</b> with <i>Jonathan</i>			
7.00pm <b>Velocity</b> with <i>Tilly</i>	7.30pm <b>Pilates</b> with <i>Jo</i>	7.25pm <b>Vinyasa Yoga</b> with <i>Claire Roo</i>				
7.30pm <b>Pure Stretch</b> with <i>Emma</i>						