



GRANGE HEALTH CLUBS



LET US DEVELOP A
**MORE ENERGETIC,
YOUTHFUL**
&
PHYSICAL YOU...

SIGN UP AS A **NEW MEMBER** TO RECEIVE

Free Power Plate session
Relaxing Ajala Spa massage
Complimentary guest passes
Professional Personal Training session

Please book the class 24hrs in advance for a confirmed place

ST. PAUL'S HEALTH & FITNESS CLUB

1 New Bell Yard, off Carter Lane, London EC4V 5AJ

E: stpauls.membership@grangehealthclubs.com | T: +44 (0) 207 074 1010

www.grangehealthclubs.com

GYM INDUCTION AND FITNESS PROGRAMME

As a new member of the St. Paul's Health and Fitness Club, you will receive a gym induction and complete fitness assessment including blood pressure, body fat, BMI, weight and postural analysis. The Fitness Team can design a programme that is tailored to your needs and around your lifestyle to get you motivated and focused.

PERSONAL TRAINING

Our team of professional trainers are here to help you to achieve your goals quickly and effectively. Whether you need motivation, an extra push or advice on effective use of time in the gym, please talk to a member of the Fitness Team.

PILATES

A combination of power, strength, coordination and flexibility to help you improve your posture, core strength and total fitness.

ASTANGA YOGA

A challenging and dynamic style of yoga, involving a continuous set of postures linked together with breathing techniques.

VINYASA YOGA

Translated as 'linking', the system also implies the linking of movement to the breath. Essentially the breath dictates the movement and the length of time held in the postures.

ABS BLAST

A short and effective session that focuses on exercises for toning and strengthening the mid torso.

CIRCUITS TRAINING

Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Circuit training is a great boredom buster: Moving quickly from one exercise to the next means your mind doesn't have time to wander or tune out. An all-strengthcircuit burns 30 percent more calories (about nine per minute!) than a typical weightworkout and offers more cardio benefits.

INDOOR CYCLING

Strength, speed and endurance: three of the fundamentals needed should you wish to improve your all round cycling.

GYM AND STUDIO ETIQUETTE

Wear comfortable sports clothing and footwear. Stay hydrated throughout and after the workout. In the interest of hygiene, please wipe down gym equipment after use. Due to health and safety, please arrive 5 -10 minutes before the start of the class.

SWIMMING POOL ETIQUETTE

In the interest of hygiene, please shower before using the pool, Jacuzzi, sauna and steam room. Appropriate swimwear must be worn at all times in the pool area. If you suffer from heart disease, diabetes or high blood pressure do NOT enter hot rooms or the Jacuzzi. Children under 16 must be supervised by an adult at all times. Do not enter the pool, hot rooms or Jacuzzi if you are under the influence of alcohol, narcotics, anticoagulants, antihistamines, stimulants or tranquillisers – the management reserves the right of entrance and may reject anyone they deem to be under any of the above without question.



OUR FACILITIES INCLUDE

- Sun Therapy Lounge
- Stunning 18m Pool with Zen Waterfall
- Sauna, Steam Room, Jacuzzi
- Relaxation Room and Aromatherapy Suites
- Turkish Hammam with Tepadarium and Laconium
- Fully Equipped Gymnasium
- Free Weights Area
- Personalised Lifestyle Programmes
- Comprehensive Range of Group Exercise Classes
- Complimentary Towels and Luxury Products



GRANGE HEALTH CLUBS

FREESTYLE

The instructor can choose any style and method to run the class. Every week the class will be ran by a different instructor. Each instructor will bring his/her own style and personality into the class.

This is a perfect class for those who like challenges as they will never know what the class is about.

BODYSHOX

This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. It's a great way to improve speed and agilit and burn fat the same time.

It is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

POWER PUMP

This 45-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

This class is based on the Rep Effect and focuses on high repetition movements with low weight loads. It is a perfect way of teaching proper lifting techniques using barbells, plates and dumbbells. Designed to firm, tone, strengthen and define muscles of the arms, shoulders, abs, chest, back, and legs.

POWER PLATE

We offer one-to-one guidance and training on full-body workouts: warm up, balance, strength and massage in as little as 30 minutes. Increase the fat burn ing process, muscle tone and strength; reduce cellulite, and activate blood circulation. Please contact a member of the Fitness Team.

BODYSULPT

Body sculpting & core conditioning is a non-aerobic, muscle-toning class that gives a strong, lean and toned figure. It is a total body workout based on weight bars, exercise bands, dumbbells, or a combination of these gadgets.

ENDURANCE INDOOR CYCLING

Endurance is the ability or strength to continue or last, especially espite fatigue, stress, or other adverse conditions.

Teaching your body to go longer is a talent that is earned. This class is designed for everyone who is looking to boost their stamina and be able to ride their bikes as long as the route without giving away.

HILLSUP INTERVAL INDOOR CYCLING

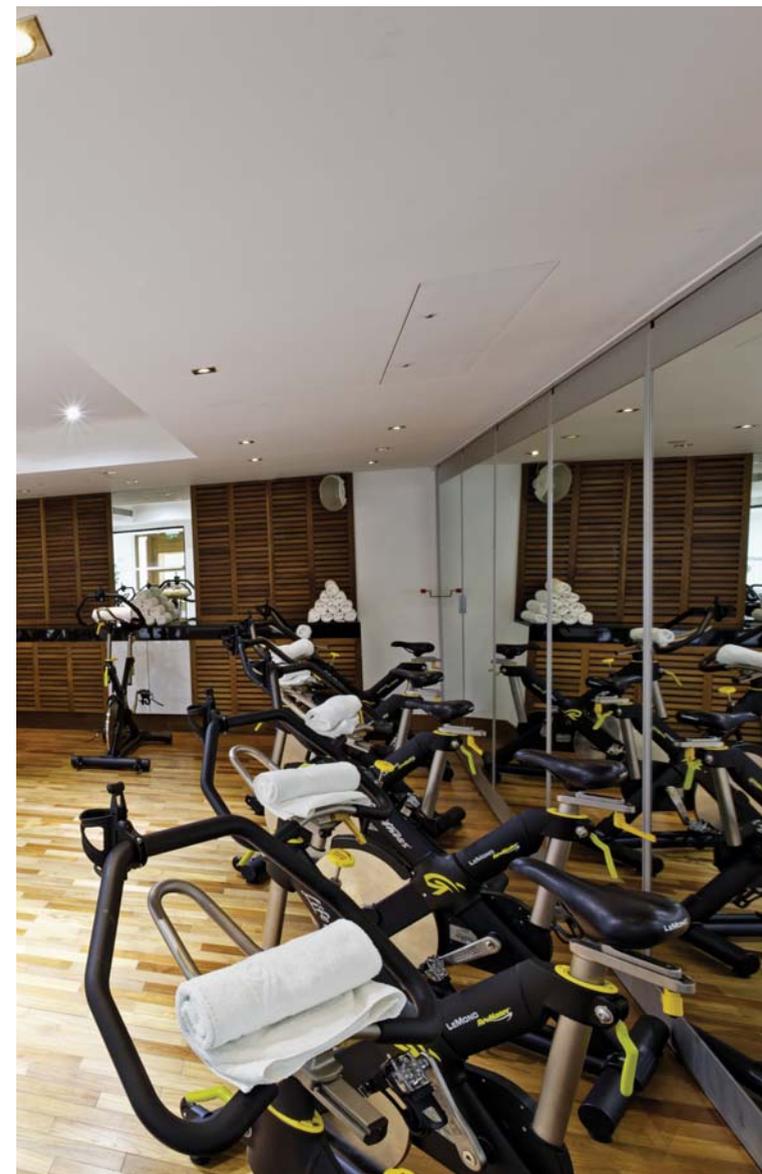
This is an indoor cycling class based on Hills Intervals at high intensity. It is a class based on a combination of up hill and down hill intervals.

Mastering Hill Workouts is particularly effective to boost the maximum cycling speed and it is also an effective way to improve strength & conditioning, cardiovascular fitness and burn more calories.

SPRINT FITMIX INDOOR CYCLING

Sprints Intervals Cycling is a class designed for Intermediate/Advanced riders who want to improve their sprinting conditioning. It involves short, intense periods of cycling, from five to 30 seconds or so in duration, with heart rate reaching 95 to 100 percent of maximum during some of the longer sprints.

However, not heart rate but speed, power and acceleration are the key elements to be concerned about during these training sessions.



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING CLASSES

CIRCUITS

🕒 7:30 - 8:15

SPRINT FITMIX
INDOOR CYCLING

🕒 7:30 - 8:15

CORE

🕒 7:30 - 8:00

SPRINT FITMIX
INDOOR CYCLING

🕒 7:30 - 8:15

CORE

🕒 7:30 - 8:00

AFTERNOON CLASSES

PILATES

🕒 12:10 - 12:55

Power Pump

🕒 12:00 - 12:45

Pilates

🕒 12:10 - 12:55

Power Pump

🕒 12:15 - 13:00

Pilates

🕒 12:10 - 12:55

ENDURANCE
INDOOR CYCLING

🕒 13:00 - 13:45

HILLSup INTERVAL
INDOOR CYCLING

🕒 12:15 - 13:00

SPRINT FITMIX
INDOOR CYCLING

🕒 13:00 - 13:45

ENDURANCE
INDOOR CYCLING

🕒 12:00 - 12:45

HILLSup INTERVAL
INDOOR CYCLING

🕒 13:00 - 13:45

CIRCUITS

🕒 13:15 - 14:00

CIRCUITS

🕒 13:15 - 14:00

Yoga

🕒 13:00 - 14:00

BodySHOX

🕒 13:15 - 13:45

EVENING CLASSES

HILLSup INTERVAL
INDOOR CYCLING

🕒 17:45 - 18:30

CORE

🕒 17:30 - 18:00

BodySHOX

🕒 18:00 - 18:30

BodySHOX

🕒 18:00 - 18:30

Yoga

🕒 18:30 - 19:30

Yoga

🕒 18:00 - 19:00