

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.

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.

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.

SPINNING

A great cardiovascular workout that uses stationary bikes to vary between resistances accompanied by upbeat music.

BODY CONDITIONING

A total- body toning class that uses studio equipment such as dumbbells, bars and resistance bands.

PILATES

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

G PUMP

A full-body workout powered to great intensity by uplifting music using free weights, barbells and an aerobic step.

ABS BLAST

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

CIRCUITS

This class is specifically designed to improve core strength, aerobic fitness and flexibility for the slopes using a range of skiing and snowboarding specific drills.

LEGS, BUMS AND TUMS

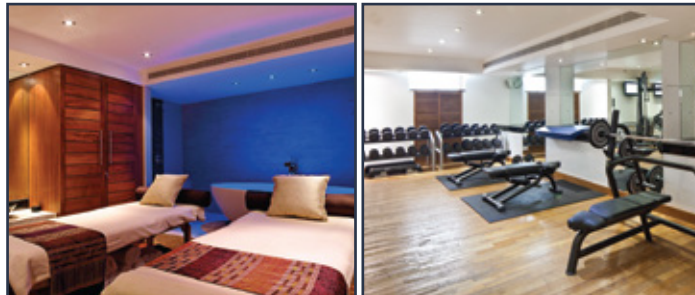
A 45 minute exercise class to music, working on toning up the legs, bum and stomach areas.

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



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

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING CLASSES

ALL OUT EFFORT
CIRCUIT TRAINING
🕒 7:30 - 8:15

SPRINT FITMIX
INDOOR CYCLING
🕒 7:30 - 8:15

ALL OUT EFFORT
CIRCUIT TRAINING
🕒 7:30 - 8:15

SPRINT FITMIX
INDOOR CYCLING
🕒 7:30 - 8:15

BODYSCULPT
🕒 7:30 - 8:15

AFTERNOON CLASSES

PILATES
🕒 12:10 - 12:55

Power Pump
🕒 12:00 - 12:45

Pilates
🕒 12:10 - 12:55

ENDURANCE
INDOOR CYCLING
🕒 12:15 - 13:00

Pilates
🕒 12:10 - 12:55

ENDURANCE
INDOOR CYCLING
🕒 13:00 - 13:45

HILLSup INTERVAL
INDOOR CYCLING
🕒 12:15 - 13:00

FITMIX
INDOOR CYCLING
🕒 13:00 - 13:45

Power Pump
🕒 12:00 - 12:45

HILLSup INTERVAL
INDOOR CYCLING
🕒 13:00 - 13:45

ALL OUT EFFORT
CIRCUIT TRAINING
🕒 13:15 - 14:00

FREESTYLE
🕒 13:15 - 14:00

ALL OUT EFFORT
CIRCUIT TRAINING
🕒 13:15 - 14:00

Yoga
🕒 13:00 - 14:00

BodySHOX
🕒 13:15 - 13:45

EVENING CLASSES

HILLSup INTERVAL
INDOOR CYCLING
🕒 17:45 - 18:30

BODYSCULPT
🕒 17:45 - 18:30

BodySHOX
🕒 18:00 - 18:30

ENDURANCE
INDOOR CYCLING
🕒 17:45 - 18:30

BODYSCULPT
🕒 17:45 - 18:30

Yoga
🕒 18:30 - 19:30

Yoga
🕒 18:00 - 19:00