

SEPTEMBER - DECEMBER 2019

THE BAY SPORTS STUDIOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45 - 18.30 B.L.T. 3* Aimee Studio	18.00 - 18.45 BODY COMBAT™ 3* Gabbie Studio	18.30 - 19.25 BODY COMBAT™ 3* Stuart Studio	 18.00 - 18.55 YOGA FOR ALL 3* Robin Studio		08.30 - 09.15 POUND 3* Helen Studio	
18.30 - 19.15 BODY BALANCE 3* Mark Studio	18.45 - 19.30 BODY ATTACK™ 3* Gabbie Studio	19.30 - 20.25 YOGA FOR ALL 3* Annette Studio	 19.00 - 19.55 YOGA FOR ALL 3* Robin Studio 2		09.15 - 10.00 BODY ATTACK™ 3* Helen Studio	
19.15 - 20.00 DANCE MIX 3* Mark Studio	19.30 - 20.15 BODY BALANCE™ 3* Gabbie Studio		19.30 - 20.30 THERAPY PILATES 3* Lissa Studio		10.00 - 10.45 BODY BALANCE™ 3* Helen Studio	
20.05 - 21.05 TAI CHI 3* Sue Studio 2						
20.10 - 21.10 THERAPY PILATES 3* Carol Studio						

Bay Studio Monthly Membership

We have also created a special membership for Bay Studio customers:

For just **£29.00 per month**, Bay Studio membership will include unlimited free access to all fitness classes at the Bay Sports Studios and 4* membership benefits and prices at all other Active Life centres.

All fitness classes can be booked via the app, online or by telephone and can be made 7 days in advance of the class. Booking is strongly advised for all fitness classes. Not only will this ensure your place in the class, but also if a class is cancelled we will be able to inform you at the earliest opportunity.

On occasion it may be necessary for a class to be cancelled or for the class instructor to be changed, Active Life reserves the right to do this at anytime. Where possible advance notice will be given to those members who have booked the affected class, however where circumstances are beyond our control, this may not always be possible.

Our promise to you is that if we fail to give you two hours notice of a class cancellation, all bookings impacted will receive a free additional strike on to their current strike balance.

All members will be given 3 "strikes" that will be automatically removed each time a late cancellation occurs for up to 3 instances during a 12 month period. We feel that this should be sufficient for those times when there is no opportunity to cancel a booking within the time frames of our policy because of a genuine emergency. Strikes cannot be used against class no shows and a full member rate will be applied.

If a booking needs to be cancelled you must give notice to avoid a charge.

Over 2 hours notice: classes must be cancelled more than 2 hours before the class start time to avoid a charge.

Under 2 hours notice: classes cancelled within 2 hours of the start time will be charged at 50% of the non-member rate.

No notification/ no show: no shows will be charged at the full non-member class rate.

Please ensure you confirm your attendance for each class by swiping in at reception ahead of the class.

If you are new to the class please arrive before the warm-up commences, allowing appropriate time to discuss with the instructor your suitability for the class. Participants will not be allowed in the fitness studios once the warm-up has commenced. Please ensure you have read the full studio guidelines, which are located in each studio.

-  Energetic workouts to burn calories & raise heart rate
-  Strength, core stability, flexibility, relax & energise
-  Combination of energetic workout & muscular strength & endurance
-  Dance or martial arts
-  Gentle Workouts

 New class

 Time Change