

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am-6:30am Spin Mark	6am-6:45am 15/15/15 Karen	6am-6:45am Tabata Robyn		6am-6:45 Pump It Up Karen	8:15am-9am Spin Mark	8am-8:45am Circuits Karen
9:30am-10am Functional Fitness Sarah	9:15am-10am Step & Tone Karen	9:15am-10am Zumba Karen	9:15am-10am Tabata Sarah	9:15am-10am Pump It Up Karen	9:15am-10am Zumba Cindy	9am-9:45am Step and Tone Karen
	10am-10:30am HIIT Karen	10am-10:45am Spin and Tone Robyn	10am-10:30am Power Pump Robyn		10:15am-11am 15/15/15 Robyn	10:15am-11am Zumba Karen
10:30am-11:15am Aerotone Karen	10:30am-11:15am Aerotone Karen		10:30am-11:15am Stretch & Tone Robyn			
			11:15am-12pm Step and Tone Karen	11am-11:45am Nifty 50s Karen		
				1:30pm-2:15pm Circuits Sarah		
Evening						
4:30pm-5pm Spin Robyn	4:45pm-5:30pm Weighted Hula Hoop Angie	5pm-5:30pm Step Aerobics Karen	4:30pm-5pm Infinity Burn Sarah			
5pm-5:30pm Kettlebell HIIT Robyn	5:30pm-6:15pm Dance Aerobic Cindy	5:30pm-6pm Body Bar Karen	5pm-5:35pm Spin Robyn			
5:30pm-6:15pm Legs, Bums, and Tums Karen	6:30pm-7:15pm Power Pump Robyn	6pm-6:30pm Dance Aerobics Karen				
6:15pm-7pm Clubbercise Karen		6:30pm-7:15pm BoxFit Mark	6:15pm-7pm Circuits Gavin			
7pm-7:45pm BoxFit Mark						

Infinity Fitness – Unit 14 Coastway Shopping Centre, Battle Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am-7:15am Yoga Alison					
	9:30am-10:15am Pilates Nicola		9:15am-10am Pilates Nicola		9:30am-10:15am Pilates Nicola
		10:30am-11:15am Legs, Bums & Tums Karen	10:30am-11:15am Aerotone Karen	10am-11am Yoga Alison	
		11:15am-12pm Aerotone Karen			
5:30pm-6:15pm Pilates Nicola					

Infinity Health & Wellness – 3 Churchill Street, Howdon (above Herons Food)

Membership Prices - Non-contracted and no joining fees!

BATTLE HILL ONLY			
Adult Membership		Concessionary Membership	
Monthly Rolling Direct Debit	£27.50	Monthly Rolling Direct Debit	£22.50
Three Months Upfront	£77.50	Three Months Upfront	£62.50
Six Months Upfront	£145	Six Months Upfront	£115
Twelve Months Upfront	£280	Twelve Months Upfront	£220
Gym / Class Passes		16s and Under	
Single Class	£6	Single Class	£4
Single Gym	£6	Single Gym	£4
Day Pass	£8	Monthly	£17.50
10 Session Block Booking	£50	10 Session Block Booking	£30
Personal Training			
Personal Training - 1 Session		£25	
Personal Training - 5 Session Block Booking		£100	

Yoga and Pilates Pay As You Go	
Single Class	£7.50
10 session block booking	£65

Opening Hours

Monday- Friday 6am – 9pm

Saturday 8am – 3pm

Sunday 8am – 1pm

For more information or to book a class call us

on 0191 263 8152 or email infinityfitnessne@yahoo.com

Options for Battle Hill and Howdon		
Howdon Only – <u>Excluding</u> Yoga & Pilates	Rolling Direct Debit or PAYG	£22.50
Howdon AND Battle Hill - Classes & Gym - <u>Excluding</u> Yoga & Pilates	Rolling Direct Debit or PAYG	£27.50
Howdon Only – <u>ALL</u> classes in Howdon - <u>Including</u> Yoga & Pilates	Rolling Direct Debit or PAYG	£37.50
Howdon AND Battle Hill – - All Classes in both location and Gym - <u>Including</u> Yoga & Pilates	Rolling Direct Debit or PAYG	£45