

Kate's Class Timetable

Kate is a level 3 PT and group fitness instructor that specialises in pre & post natal exercise. These are the weekly classes she delivers in Rossendale, at Station 22 Gym in Waterfoot and at Stubblelee Park in Bacup. In all classes a friendly and welcoming vibe awaits... no pressure or pretense, just support 100%.

Kate's car park classes is a thing... whilst we await the OK for indoor group exercising for the mass population.

From Mon 29 March - Mon 17 May evening classes will take place outdoors, in the car park outside of the studio at Station 22. These classes are open to all, men and women, all levels and abilities (aged 16+). All classes delivered are in-line with Covid guidelines... and bring the same high energy vibes and endorphin highs as they do in the studio!

📱 **For class & pass bookings download the GymCatch App > Brooks Fitness** 📱



MON	TUES	WED	THURS	FRI
11am-12pm Buggy Bootcamp @ Stubblelee Park	10.30-11.30am Mum & Baby Bootcamp @ Station 22 Gym	11am-12pm Buggy Bootcamp @ Stubblelee Park	10.30-11.30am Mum & Baby Bootcamp @ Station 22 Gym	11am-12pm Buggy Bootcamp @ Stubblelee Park
5.45-6.30pm Barbell BodySculpt @ Station 22 Gym		5.45-6.30pm Legs, Bums & Tums @ Station 22 Gym	5.45-6.30pm Kettlebell & Core @ Station 22 Gym	5.30-6.15pm HardCore HiiTBlast @ Station 22 Gym
6.45-7.15pm HiiTBlast @ Station 22 Gym		6.45-7.15pm HiiTBlast @ Station 22 Gym		
SAT	SUN			
	9-9.45am Mum-to-Be Bootcamp @ Station 22 Gym			
	10-10.45am Sweat the Sins @ Station 22 Gym			

CLASS INFO...

- **Buggy Bootcamp** is starting on Mon 29 March at Stubblelee Park in Bacup. Sessions run 3 x per week. Cost: £36 for an unlimited 4-week pass or £6 PAYG.
- **Pre & Post Natal Bootcamps** are back in the studio at Station 22 Gym in Waterfoot from WC 12 April onward. Cost: £26 for a 4-week block or £8 PAYG (if there's space on a class).
- **Station 22 classes** all other evening group classes are taking place outdoors, in the car park outside the studio, from Mon 29 March - Mon 17 May. Cost: £26 for an unlimited monthly class pass. PAYG - £6 x 45 min class, £4 x 30 min class.

Everyone that attends a class/course MUST complete my online health questionnaire (PARQ) prior to attending > [click this link to view and complete.](#)

Timetable subject to change, in-line with guidelines and attendance figures.

**It's time to kick the lockdown slump to the curb...
Exercise and socialise for body and mind - get that all-important me-time.**

Get in touch if you'd like more info, email: hello@brooks-fitness.co.uk