

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%.

All classes are now taking place in the studio as per the updated guidelines. Classes are open to all, men and women, all levels and abilities (aged 16+). Whatever the class you WILL be able to do it, as there's always exercise modifications offered. Everyone works at their own pace and level.

For class & pass bookings download the [GymCatch App](#) > Brooks Fitness

MON

11am-12pm
Buggy Bootcamp
@ Stubblelee Park

6.30-7.15pm
Barbell BodySculpt
@ Station 22 Gym

7.30-8pm
HiiTBlast
@ Station 22 Gym

SAT

TUES

10.30-11.30am
Mum & Baby Bootcamp
@ Station 22 Gym

7-7.45pm
Kettlebell & Core
@ Station 22 Gym

SUN

9-9.45am
Mum-to-Be Bootcamp
@ Station 22 Gym

10-10.45am
Sweat the Sins
@ Station 22 Gym

WED

11am-12pm
Buggy Bootcamp
@ Stubblelee Park

6.30-7.15pm
Legs, Bums & Tums
@ Station 22 Gym

7.30-8.15pm
Circuits
@ Station 22 Gym

THURS

10.30-11.30am
Mum & Baby Bootcamp
@ Station 22 Gym

7-7.30pm
Arms, Abs & Ass
@ Station 22 Gym

FRI

11am-12pm
Buggy Bootcamp
@ Stubblelee Park

CLASS INFO...

- **Buggy Bootcamp** Sessions run 3 x per week at Stubblelee Park in Bacup. Cost: £36 for an unlimited 4-week pass or £6 PAYG.
- **Pre & Post Natal Bootcamps** are delivered in the studio at Station 22 Gym in Waterfoot. Cost: £26 for a 4-week block or £8 PAYG (if there's space on a class).
- **Station 22 classes** are delivered in the studio at Station 22 Gym in Waterfoot. A mix of strength and cardio based classes, there's something to suit everyone! 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