



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 Stubbylee Park in Bacup. Classes are open to all, men and women, all levels and abilities (aged 16+). In all classes a friendly and welcoming vibe awaits... with exercise modifications always offered, whatever your level and ability you will be able to join in.



 **For bookings download the GymCatch App > Brooks Fitness**

M O N

6.45-7.30pm
Barbell BodySculpt
@ Station 22 Gym

T U E S

9.30-10am
HiitBlast
@ Station 22 Gym

W E D

11am-12pm
Buggy Bootcamp
@ Stubbylee Park

T H U R S

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

F R I

7-7.30am
Circuits
@ Station 22 Gym

STAY
STRONG &
POWER ON

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

7-7.30pm
Legs, Bums & Tums
@ Station 22 Gym

7-7.30pm
HiitBlast
@ Station 22 Gym

11am-12pm
Buggy Bootcamp
@ Stubbylee Park

6.45-7.30pm
Circuits
@ Station 22 Gym

7.40-8.10pm
Kettlebells
@ Station 22 Gym

S U N

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

10-10.45am
Sweat the Sins
@ Station 22 Gym

CLASS INFO...

- **Buggy Bootcamp** Sessions run 2 x per week at Stubbylee Park in Bacup. Cost: £32 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.

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