



2022

# 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**

MON

6.45-7.30pm  
**Barbell BodySculpt**  
@ Station 22 Gym

TUES

9.30-10am  
**HiitBlast**  
@ Station 22 Gym

WED

10.30-11.30am  
**Buggy Bootcamp**  
@ Stubbylee Park

THURS

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

FRI

7-7.30am  
**Circuits**  
@ Station 22 Gym

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

10.30-11.30am  
**Buggy Bootcamp**  
@ Stubbylee Park

7.10-7.55pm  
**Circuits**  
@ Station 22 Gym

7.40-8.10pm  
**Kettlebells**  
@ Station 22 Gym

**STAY  
STRONG &  
POWER ON**

SUN

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 £5 PAYG.
- **Pre & Post Natal Bootcamps** are delivered in the studio at Station 22 Gym in Waterfoot. Cost: £30 for a Bootcamp Bundle (6 x class pass) or £7 PAYG.
- **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](mailto:hello@brooks-fitness.co.uk)