



# WELCOME TO NR12



## JOLLY GYM DEALS

We offer a discounted rate for monthly gym memberships and our class pack to all Jolly Gymnastics parents/carers:

### **GOLD £53** (Reduced from £59)

- Unlimited Classes
- Anytime Gym Access

### **SILVER £36** (Reduced from £40)

- Flexible Gym-Only
- Anytime Access

### **Class Pack £90** (Save £36)

- 4 Classes FREE
- 2 more than our normal pack
- Classes discounted to £6.42 each instead of £9

## GYM DROP-IN OFFER

Want to use the gym whilst your little one is in class?

We have a special offer for all Jolly parents & carers. A Pay-As-You-Go, 45-minute gym session for just **£6!**

## OUR DETAILS

[www.nr12fitness.com](http://www.nr12fitness.com)  
[support@nr12fitness.com](mailto:support@nr12fitness.com)  
01603 784247

## OVERFLOW PARKING

Our car park can get busy during peak/class times.

To get to our overflow:

- Head straight, past Gordon Barbers (Not left to the gym)
- Follow the road all the way round
- Around the corner, take your first left
- Take an immediate right, into our overflow
- Walk up the right or left side, to the front of the gym

# MONDAY

<b>AM</b>	09:30 - 10:15	<b>SWEAT</b>
<b>AM</b>	09:30 - 10:20	Pilates
<b>PM</b>	18:30 - 19:15	<b>NR12</b> RIDE 4.5
	18:00 - 19:00	<b>POWER HOUR</b>

# TUESDAY

<b>AM</b>	09:30 - 10:20	Legs, Bums & Tums
	10:30 - 11:20	Pilates
<b>PM</b>	18:00 - 19:00	Strength & Conditioning



## CLASS TIMETABLE

# WEDNESDAY

<b>AM</b>	09:30 - 10:20	Step-to-Music Transition
	10:30 - 11:20	Women's Strength Training Programme
<b>PM</b>	18:00 - 18:50	Fitness Pilates
	19:00 - 19:50	Ultimate Burn

Our timetable is subject to change based on demand. Please check our most up to date timetable online

[www.nr2fitness.com](http://www.nr2fitness.com)

# THURSDAY

<b>AM</b>	09:30 - 10:20	Pilates
	10:30 - 11:25	YogaFit
	18:00 - 18:50	<b>NR12</b> PUMP
<b>PM</b>	18:30 - 19:00	<b>NR12</b> RIDE 30
	19:00 - 19:50	Fitness Yoga

# FRIDAY

	09:00 - 09:45	Gym Fit
<b>AM</b>	09:00 - 09:50	Pilates
	10:00 - 10:50	Pilates
<b>PM</b>	18:00 - 18:50	Reps & Sets

# SATURDAY

<b>AM</b>	09:15 - 10:05	<b>NR12</b> PUMP
	09:15 - 10:00	<b>NR12</b> RIDE 4.5