



MENTMORE
GOLF & COUNTRY CLUB



GOLF TUITION With Alistair Halliday

One to One Private Lesson

Find out the true causes of your bad shots and how to implement the correct changes. View your swing on the most up-to-date video equipment.

30 Minutes - £25
60 Minutes - £45

12 x 60 Minutes lesson package plus Game Assessment

Lower your scores with a structured long term plan focusing on all aspects of your game. Improve your technique on the driving range using up-to-date video equipment. Work on your chipping, pitching, bunker shots and putting and learn to take it onto the course.

Course price - £450
(saving you £110)

Game Assessment

Get a professional assessment of your game, identify the weaknesses and put a personalised lesson plan in place.

Approximately 45 mins - £20

Playing Lesson

Improving your all round game with better course management and shot selection. Create a consistent pre-shot routine, improving your focus and lowering your scores.

90 mins - £50

Junior Lessons

30 mins - £20



**Don't forget our
JUNIOR DROP
IN SESSION**

every Saturday
between 10am - 11am.

Only £7.50

TENNIS With Danny Proud

The tennis sessions at Mentmore run throughout the year and are well attended by the members. If you are interested in joining the sessions or would like to have private lessons please contact reception. Look out for free clinics and taster sessions which will be displayed on the tennis noticeboard.

Please see reception and pick up your Tennis timetable for dates and times of sessions.

FENCING

Come fencing and enjoy:

- the technique and speed of Foil
- the duelling of Epee
- the cut and thrust of Sabre

Tune up your mind as well as your body, call Goergina West on 01296 580329
Please see group fitness programme for session times.

JUNIOR GYM

For 13 to 16 year olds, accompanied by an adult. Every day from 2pm to 6pm. It is never too soon for children to learn and understand the benefits of leading an active, fit and healthy lifestyle.

ROSEBERRY REMEDIES

IN ASSOCIATION WITH MENTMORE

This new clinic set in the tranquil and beautiful countryside at the village of Mentmore is now offering a range of osteopathy and complementary health treatments including:

Osteopathy including Cranial Osteopathy • Naturopathy • Pilates and personal fitness training • Golf Pilates courses • Reflexology • Aromatherapy • remedial and sports massage.

We offer preferential rate for Mentmore Golf & Country Club members. Each of these is provided by qualified and experienced therapists. For more advice and information please contact us on 01296 661081.

**MENTMORE
MINI ACES**
Every Saturday
between
10am - 11am.
Only £8

SWIMMING LESSONS

Parent & Child (from second injection to 5)

This is an introduction with the aim of promotion confidence and mobility in water

Beginner

This provides an introduction to water with aids and enables the swimmer to be confident moving in the water and swimming on front and back.

Improver

Must demonstrate ability to swim 5 metres on front and back without aids. We then begin stroke work aiming towards the ability to swim 3 strokes.

Intermediate

Swimmers work on strokes going for distance and endurance and get introduction to butterfly stroke.

Advanced

Swimmers receive coaching in the four strokes including racing turns and Personal Survival.

Pricing

**Individual lessons
£17 per half hour**

**Shared (2 per class)
£28 per half hour**

**FAMILY
SWIMMING**

Open from 10am to 6pm
daily subject to
scheduled classes.

ONE-ON-ONE TRAINING

One-on-One training involves you working personally with a Mentmore One-on-One trainer to achieve your specific goals and aims.

With their knowledge and expertise in fitness and nutrition you will have a personalised plan to specifically suit your needs to make every session count and enjoyable.

Tom Mowbray • Christine Sparks • Jackie Crane • Richard Slatter

Visit our personal trainers in the gym and get your fitness back on track.

HEALTH & FITNESS TIMETABLE

2009/10

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running Club 7.00am - 8.00am	Body Combat 9.30am - 10.25am	Body Pump 9.30am - 10.30am	Body Combat 9.30am - 10.25am	Cross Training 7.00am - 7.45am	Body Pump 9.00am - 9.55am	Pilates/Stretch 9.15am - 10.00am
Step 9.30am - 10.15am	Stretch & Relax 10.30am - 11.15am	Prime Movers 10.40am - 11.25am	Yoga 10.30am - 12.00am	Body Pump 9.30am - 10.25am	Body Combat 10.00am - 11.00am	
LB&T 10.25am - 11.10am	Stability Ball 11.15am - 11.45am	Pilates/Stretch 11.30am - 12.15am	Pilates/Stretch 12.45am - 13.30pm	Circuits 10.30am - 11.20am	LB&T 11.15am - 12.00am	
Prime Movers 11.20am - 12.05am	Circuits 19.00pm - 19.50pm	M Blades 14.00pm - 15.00pm	Cross Training 18.45pm - 19.30pm	Pilates/Stretch 11.30am - 12.15am	M Blades 14.00pm - 16.00pm	
Stretch & Relax 12.15am - 13.00pm	Pilates/Stretch 20.00pm - 20.45pm	Pilates/Stretch 18.30pm - 19.25pm	Body Combat 19.30pm - 20.25pm	M Blades 19.00pm - 21.00pm		
Body Combat 18.30pm - 19.15pm		Body Pump 19.30pm - 20.25pm				
Body Pump 19.15pm - 20.15pm		Yoga 20.30pm - 21.30pm				
Yoga* 20.15pm - 21.15pm						






* This class will commence from the 2nd November.

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling Intervals 9.45am - 10.30am	Low Energy Indoor Cycling 9.55am - 10.25am	Indoor Cycling 6.55am - 7.40am	High End Endurance Indoor Cycling 10.00am - 11.00am	Low End Endurance Indoor Cycling 9.45am - 10.30am		High End Endurance Indoor Cycling 9.45am - 10.45am
ABS Session in GYM 10.30am - 10.45am	Indoor Cycling 18.30pm - 19.15pm	ABS Session in GYM 7.40am - 7.55am	Indoor Cycling 18.30pm - 19.15pm	Indoor Cycling 18.00pm - 18.45pm		
Indoor Cycling 19.00pm - 19.45pm	ABS Session in GYM 19.15pm - 19.30pm	Indoor Cycling 18.45pm - 19.30pm				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Under 5's 10.15am - 11.15am		Aquarobics 12.30am - 13.15pm	Aquarobics 11.45am - 12.30am	Aquarobics 11.15am - 12.00am		
Aquarobics 11.15am - 12.00am		Aquarobics 19.35pm - 20.20pm				
Aquarobics 19.15am - 20.00pm						

 BTS PROGRAMME	 INDOOR CYCLING	 AEROBIC BASED EXERCISE
 MIND & BODY / CORE BASED EXERCISE	 LOW INTENSITY AEROBIC BASED	 POOL BASED EXERCISE
 ABS SESSION IN GYM 15 MINS		

STUDIO BOOKINGS

To ensure that all classes remain safe and enjoyable, numbers will be limited.

- Bookings can be made up to 7 days in advance
- Classes must be booked and proof of booking may be issued/required for popular classes
- Non-attendance, and non-cancellation (within 2hrs of class) may result in a restriction of booking privileges
- Please note, your place in the class may be given to a waiting member if you fail to check in at reception 5 minutes prior to the commencement of the class.

- The Club reserves the right to substitute instructors and/or change class/time, if and when the need arises.
- It is of paramount importance that you are on time for your class to enable a safe warm-up period, so avoiding risk of injury and disruption to the class.
- If you are late your acceptance into the class is at the discretion of the instructor.



ACTIVITY DESCRIPTIONS



BTS SYSTEMS

Body Combat - inspired by the self defence / martial arts such as Karate, Taekwondo and boxing, Combat uses a variety of moves and stances to create a high energy hour long workout. Benefiting the whole body, raising overall fitness, and reducing body fat and cholesterol.

Body Pump - using barbells and weights and choreography, this aerobic workout of 45 - 60 minutes, benefits the whole body by increasing muscle tone and burning body fat, promoting strength and endurance.

AEROBIC BASED EXERCISE - NON BTS

Step - aerobic step based exercise with the option of including weights to enhance the workout. A high energy choreographed workout in a fun and lively environment.

Legs, Bums & Tums - tones all the popular areas, and suitable for everyone. Resistance bands and hand weights can be used to increase the intensity level.

Circuits - the perfect cross training class for both men and women, that provides challenging exercises for you to work at your own level.

Cross Training - a variety of classes with a variety of focus to keep you motivated and improve your endurance, strength and aerobic capacity.

INDOOR / STUDIO CYCLING

Indoor Cycling - A group cycling studio workout which is fun and motivating allowing participants of varying levels of fitness to train alongside each other each attaining their own personal training goals.

Low Energy I.C - 30 minutes at lower intensity, providing a shorter workout suitable for all levels

Intervals - 45 minute session with progressive training inbuilt for the lead up to Christmas

Low End Endurance - 45 minutes at a gentle pace - ideal to balance your intense workout schedule

High End Endurance - 60 minutes of high energy using mixed terrain and mixed techniques, to provide a varied workout. Will promote cardiovascular improvement and encourage elevation of anaerobic threshold.

MIND & BODY / CORE BASED EXERCISE

Stretch & Relax - this class will help promote elasticity in your muscles and leave you with a greater sense of wellbeing. An ideal follow on after an aerobic class.

Yoga - providing many physiological benefits and relieving stress, while improving posture and creating an overall sense of wellbeing.

Pilates/Stretch - condition and relax your body and mind. A class will help you improve your posture, improve your flexibility and leave you feeling relaxed and energised.

LOW INTENSITY AEROBIC EXERCISE

Prime Movers - an exercise class without the high impact moves found in standard classes, but still offering all the health benefits. An aerobic class making use of stretching, resistance bands and weights to enhance the workout to suit each individual.

Running Club - All abilities welcome, please see details on the gym notice board (weather permitting)

POOL BASED EXERCISE

Aquarobics - an aerobic, water based exercise class suitable for all fitness levels. Low impact with the support of the water, but with the resistance of the water enhancing cardio-vascular and muscle toning properties. Very low stress on joints.

Under 5's - an introduction to water, and to help gain and build confidence through enjoyable experience.

MENTMORE BLADES

Fencing with Goergina West