



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 Georgina 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.

## MAMBO PALMS

IN ASSOCIATION WITH MENTMORE

We are pleased to offer extensive massage and remedial therapies at Mentmore. Mambo Palms which is conveniently located at Mentmore will be offering varied ranges of treatments from sports massage, swedish massage to Reflexology. Treatments are available 7 days a week and it is advised to book ahead on 07852 259878.



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

## SWIMMING LESSONS With Ros Kirkpatrick

### Parent & Child (from second injection to 5yrs)

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

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

## HEALTH & FITNESS TIMETABLE

JAN-APRIL 2010

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Running Club 7.00 - 8.00	Body Combat 9.30 - 10.30	Body Pump 9.30 - 10.30	Body Combat 9.30 - 10.30	Cross Training 7.00 - 7.45	Body Pump 9.00 - 9.55	Pilates/Stretch 9.15 - 10.00
Step 9.25 - 10.15	Stretch & Relax 10.30 - 11.15	Move, Dance & Stretch 10.35 - 12.00	Yoga 10.30 - 12.00	Body Pump 9.30 - 10.30	Body Combat 10.00 - 11.00	Body Pump 10.30 - 11.30
LB&T 10.15 - 11.00	Stability Ball 11.15 - 11.45	Pilates/Stretch 12.00 - 12.45	Pilates/Stretch 12.45 - 13.30	Cardio Blast 10.35 - 11.20	LB&T 11.15 - 12.00	
Stretch & Relax 11.00 - 11.45	Pilates/Stretch 20.00 - 20.45	M Blades 14.00 - 15.00	Body Combat 19.15 - 20.15	Pilates/Stretch 12.00 - 12.45	M Blades 14.00 - 16.00	
		Pilates/Stretch 18.30 - 19.30		M Blades 19.00 - 21.00		
		Body Pump 19.30 - 20.30				
Body Pump (starts 11th Jan) 19.15 - 20.15		Yoga 20.30 - 21.30				
Yoga 20.15 - 21.15						

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High End Endurance & Intervals Indoor Cycling 9.45 - 10.30	Low Energy Indoor Cycling 9.55 - 10.25	Indoor Cycling 7.00 - 7.45	High End Endurance Indoor Cycling 10.00 - 11.00	REC/Low End Endurance Indoor Cycling 9.45 - 10.30		High End Endurance Indoor Cycling 9.45 - 10.45
Indoor Cycling 19.00 - 19.45	Indoor Cycling 18.30 - 19.15	Indoor Cycling 18.45 - 19.30		Indoor Cycling 18.00 - 18.45		

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Under 5's 10.15 - 11.15		Aquarobics 11.00 - 11.45	Aquarobics 11.45 - 12.30	Aquarobics 11.15 - 12.00		
Aquarobics 11.45 - 12.30		Aquarobics 19.35 - 20.20				

BTS PROGRAMME
  INDOOR CYCLING
  AEROBIC BASED EXERCISE

MIND & BODY / CORE BASED EXERCISE
  LOW INTENSITY AEROBIC BASED
  POOL BASED EXERCISE

**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.
- Please be considerate and bring a towel to all classes. It is also advisable to stay hydrated during the classes. (Bring a drink.)



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 levels.

**Cardio Blast** - A high energy class incorporating equipment such as the Step, Body Pump Bars and Hand weights, and using a variety of moves including those from Boxercise and Combat. This is a class where you will never get bored, being presented with different formats, and is suitable for all fitness levels for both Men and Women.

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

**INDOOR / STUDIO CYCLING**

**Indoor Cycling** - A group cycling studio workout which is fun and motivating allowing participants of vary 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.

**High End Endurance & Intervals** - 45 minute high end class, incorporating intervals, to provide progression in your training.

**Low End Endurance** - 45 minute 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 elastically 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**

**Move, Dance and Stretch** - Suitable for all abilities, a body and mind experience to improve your fitness through movement, exercise and dance. Using artistic apparatus, hand weights and stretching bands, health and skill related physical objectives will be achieved.

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

**MENTMORE BLADES**

Fencing with Georgina West.

**POOL BASED EXERCISE**

**Aquarobics** - an aerobic, water based exercise class suitable for all fitness levels. Low impact with the support 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.