

**MONDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0930-1015	Body Conditioning	Condi	Studio 2	All	April
1000-1100	Diva Fever	Cardio	Studio 1	All	Jonathon
B 1030-1115	Spin ***	Cardio	Spin Studio	All	April
1100-1145	Body Sculpt	Cardio	Studio 1	All	Jonathon
B 1130-1215	Aqua	Aqua	Pool	All	Alice
B 1150-1235	Zumba	Cardio	Studio 1	All	Becky
1240-1325	Tai Chi	Holistic	Studio 1	All	Don
1330-1415	Body Sculpt	Condi	Studio 1	All	Niki
1725-1755	Fab Abs Blast	Condi	Studio 2	All	Lisa
B 1800-1840	Spin ***	Cardio	Spin Studio	Int	Phil
1800-1845	Step	Cardio	Studio 1	Int	Jo
B 1845-1920	Spin ***	Cardio	Spin Studio	Int	Phil
B 1845-1925	Zumba	Cardio	Studio 1	All	Jo
B 1930-2015	Aqua	Aqua	Pool	All	Jo
1935-2030	Pump FX ***	Condi	Studio 1	Int	Emma

**TUESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
B 0915-1010	Pilates Mat Work	Holistic	Studio 1	All	Karen
0930-1000	Abs Blast	Condi	Studio 2	All	Lisa
B 1015-1100	Aqua	Aqua	Pool	All	Karen
B 1015-1100	Spin ***	Cardio	Spin Studio	All	Alice
1015-1115	Body Sculpt	Cardio	Studio 1	All	Ant
B 1115-1200	Aqua	Aqua	Pool	All	Alice
1130-1215	Salsacise	Dance	Studio 1	All	Dawn
B 1245-1330	Pilates Mat Work	Holistic	Studio 1	All	Liz
B 1725-1815	Zumba	Cardio	Studio 1	All	Don
B 1745-1840	Pilates	Holistic	Studio 2	All	Carl
1815-1915	Body Conditioning	Condi	Studio 1	Int	Tim
B 1845-1930	Legs, Bums & Tums	Condi	Studio 2	All	Niki
1915-2000	Salsacise	Dance	Studio 1	All	Dawn
B 1930-2015	Legs, Bums & Tums	Condi	Studio 2	All	Niki
2000-2100	Bootcamp	Condi	Studio 1	Int/Ad	Steve
B 2000-2045	Spin ***	Cardio	Spin Studio	All	Sarah

**WEDNESDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
B 0930-1015	Aqua	Aqua	Pool	All	Niki
B 0930-1015	Zumba	Cardio	Studio 1	All	Alice
1030-1115	Body Conditioning	Condi	Studio 1	All	Niki
B 1030-1115	Spin ***	Cardio	Spin Studio	All	Alice
1120-1205	Low & Tone	Condi	Studio 1	Beg	Jenny
1125-1155	Fab Abs	Condi	Studio 2	All	Carl
1215-1300	Pump FX ***	Condi	Studio 1	All	Alice
B 1730-1810	Power Bag Circuit	Condi	Studio 2	Int	Carl
1745-1915	Yoga & Relax	Holistic	Studio 1	All	Elaine
B 1815-1900	Body Sculpt	Condi	Studio 2	All	Angela
B 1815-1900	Spin ***	Cardio	Spin Studio	All	Emma
1900-2000	Thai Boxing	Martial	Studio 2	All	Matt
B 1915-2000	Spin ***	Cardio	Spin Studio	All	Emma
B 1915-2000	Aqua	Aqua	Pool	All	Stewart
1920-2050	Yoga & Relax	Holistic	Studio 1	All	Elaine
2000-2030	Abs Blast	Condi	Studio 2	All	Emma

**THURSDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0920-1005	Total Tone	Condi	Studio 2	All	Lauren
B 0945-1030	Pilates Mat Work	Holistic	Studio 1	All	Liz
B 1015-1100	Aqua	Aqua	Pool	All	Karen
B 1015-1055	Spin ***	Cardio	Spin Studio	All	Lauren
1115-1200	Body Conditioning	Condi	Studio 1	All	Karen
B 1115-1200	Aqua	Aqua	Pool	All	Sarah
1230-1345	Yoga & Relax	Holistic	Studio 1	All	Tricia
1800-1900	Tai Chi	Holistic	Studio 2	Beg	Steve F
1800-1900	Boxercise	Combat	Studio 1	Int	Chris
B 1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Michyla
B 1900-1945	Spin ***	Cardio	Spin Studio	All	Carolyn
1900-2000	Bootcamp	Condi	Studio 1	Int/Ad	Steve
B 2000-2040	Power Bag Circuit	Condi	Studio 2	All	Carl
2000-2130	Yoga & Relax	Holistic	Studio 1	All	Tricia

**FRIDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
B 0700-0745	Spin ***	Condi	Spin Studio	All	Steve
0930-1015	Body Sculpt	Condi	Studio 1	All	Dawn
B 1030-1115	Aqua	Aqua	Pool	All	Suzanne
B 1030-1115	Zumba	Cardio	Studio 1	All	Dawn
1130-1215	Low & Tone	Condi	Studio 1	All	Dawn
B 1215-1300	Pilates	Holistic	Studio 1	All	Suzanne
B 1730-1815	Zumba	Cardio	Studio 1	All	Natalie C
1745-1815	Abs	Condi	Studio 2	All	Ant
B 1810-1850	Spin ***	Cardio	Spin Studio	All	Carolyn
1815-1900	Combat Bootcamp	Combat	Studio 1	All	Ant
1815-1900	Step	Cardio	Studio 2	Int	Kevin
B 1900-2000	Pilates	Holistic	Studio 2	All	Kevin
1905-1945	Pump FX ***	Condi	Studio 1	All	Natalie

**SATURDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
0900-0945	Body Conditioning	Condi	Studio 1	All	Angela
1000-1045	Body Conditioning	Condi	Studio 1	All	Angela
B 1115-1200	Fitball	Condi	Studio 1	All	Dawn
1215-1315	Circuits	Condi	Studio 1	Int	Dawn
B 1330-1415	Spin ***	Cardio	Spin Studio	All	Stewart
B 1345-1430	Zumba	Cardio	Studio 1	All	Dawn

**SUNDAY**

TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
1000-1045	Aerobics	Cardio	Studio 1	All	Alice
B 1015-1115	Spin ***	Cardio	Spin Studio	All	Glenn
1045-1130	Body Sculpt	Condi	Studio 1	All	Alice
B 1130-1215	Zumba	Cardio	Studio 1	All	Claire
1415-1515	Hatha Yoga	Holistic	Studio 1	All	Don
1700-1800	Circuits	Condi	Studio 1	All	Tony
B 1800-1900	Pilates	Holistic	Studio 1	All	Ruth

We also have three Body Control Pilates courses on a Saturday morning. Places are limited for this popular six week course & there is an additional charge for these sessions. Please ask at reception for details.

- Aqua:** Splash your way to fun in this low impact way to increase fitness
- Condi:** Conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look.
- Cardio:** Heart rate up? The fastest way to better fitness - feel the burn!
- Holistic:** Holistic exercises help with your suppleness, flexibility and stress levels whilst getting you fit at the same time.
- Dance:** Work out without realising as you dance your way to fitness.
- Combat:** Punch your way to a fitter you whilst having fun, releasing stress and learning great technique.

**Key**

- Beg:** Class suitable for participants beginning exercise
- All:** Suitable for all levels of fitness
- Int or Adv:** Class is appropriate for Intermediate or Advanced levels of fitness
- B:** Please book at reception to attend this class
- \*\*\*** Please arrive at this class 5 minutes prior to its start time for preparation and equipment set-up.
- Timetable change.**

# CLASS DESCRIPTIONS

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## **ABS**

A fantastic and effective abdominal workout that focuses on the core muscles with the goal to tone, strengthen, and define.

## **AEROBICS**

A class packed with fun, funk and frolics with a mixture of high and low impact steps - Good for those looking for something a little challenging within the realms of possibility!! All levels welcome.

## **AQUA**

Splash your way to fitness with one of the most popular low impact classes suitable for all levels!

## **BODY BLAST**

A fat busting, body toning session which combines a perfect balance of cardio and conditioning designed to resculpt the whole body!

## **BODY CONDITIONING / BODY SCULPT**

A full body workout targeting all major muscle groups suitable for those wanting to improve their all over definition forever!

## **BOOTCAMP**

Bootcamp is a high intensity fitness class combining cardiovascular and bodyweight endurance exercises for an all over body blitz.

## **BOXERCISE**

Boxercise has developed and adapted age old training principles to form a fun, addictive, safe, stress busting workout suitable for all!

## **CIRCUITS**

Challenge your body with this perfect all-over workout which combines aerobic and resistance training to fantastic effects!

## **DIVA FEVER**

Dance your way to fitness as you learn the routines from the pop videos and concert tours of the biggest divas from Janet to J-Lo, Kylie to Britney, Whitney, Christina and even Cheryl.

## **FITBALL**

Ideal to improve body awareness, posture and balance, Fitball includes a variety of general toning exercises with a twist ... exercising on an unstable surface to create an extremely effective workout!

## **HATHA YOGA**

Designed to enhance muscular balance & strength, develop flexibility and improve posture whilst allowing every participant to enjoy an individual exercise experience.

## **LEGS, BUMS & TUMS**

Exercise your way to fantastic legs, bums and tums with this fun class combining aerobics with focused toning exercises.

## **LOW & TONE**

A low impact option combining a perfect mix of cardio and conditioning in a fun yet effective way – think fitness without all the frantic antics.

## **PILATES**

A slow and controlled exercise method which helps to improve posture, mobility and strength. Perfect for body and mind.

## **POWER BAG CIRCUIT**

A unique, fun and fully functional class using the latest break-through equipment in resistance training: The Powerbag which has been designed to allow a wide variety of extremely effective movement patterns and exercises and are easier to use than any existing weight training equipment. Absolutely everyone can benefit from Powerbag training and this class is ideal for those who wish to achieve: General fitness, muscular toning, weight loss or sport specific fitness. So why not give it a go?

## **PUMP FX**

Pump fx™ provides a progressive, complete-body workout to the latest & greatest in chart and club anthems. Traditional resistance training exercises such as squats, lunges, presses and rows take on another dimension through the use of functional, multi-plane movement. With an emphasis on intensity and technique, this interval based workout targets individual muscle groups to improve body composition.

## **SALSACISE**

A great class for everyone to get their hips moving and get into the salsa mood: great fun and great music.

## **SPIN**

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high: Spin is for those willing to work hard to burn excess fat, you will shed up to 600 calories in 45 minutes & get a great cardio boost

## **STEP**

The perfect class to get your heart and lungs working better & your bum & thighs looking great. Want to look & feel great? Step this way.

## **TAI CHI**

Traditional chinese exercise using slow, graceful movements combined with conscious relaxation & deep breathing to improve physical fitness, body condition, suppleness & strength. Requires no previous experience.

## **THAI BOXING**

Thai Boxing is an engaging and enjoyable class which can improve your flexibility, strength, endurance, coordination, mental discipline and overall wellbeing, whilst being fun, exciting and sociable.

## **TOTAL TONE**

An invigorating workout targeting all major muscle groups suitable for those wishing to improve, sculpt and change muscle definition forever!

## **YOGA & RELAX**

Yoga is an ancient form of physical exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of well being. Classes are dynamic and suitable for all levels.

## **ZUMBA**

One of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.

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