

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 | Condi | 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 | Natalie |
| 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 | Leroy |
| B 1845-1920 | Spin *** | Cardio | Spin Studio | Int | Phil |
| B 1845-1925 | Zumba | Cardio | Studio 1 | All | Karen |
| B 1930-2015 | Aqua | Aqua | Pool | All | Josie |
| 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 | Ruth |
| 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 |
| B 1930-2015 | Spin *** | Cardio | Spin Studio | All | Sarah |
| 2000-2100 | Bootcamp | Condi | Studio 1 | Int/Ad | Steve |

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 |
| 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 |
|-------------|-------------------|----------|-------------|---------|------------|
| 0930-1015 | Total Tone | Condi | Studio 2 | All | Caroline |
| B 0945-1030 | Pilates Mat Work | Holistic | Studio 1 | All | Liz |
| B 0945-1030 | Aqua | Aqua | Pool | All | Karen |
| B 1030-1115 | Spin *** | Cardio | Spin Studio | All | Caroline |
| 1045-1130 | 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 | Dance | 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 | Dance | 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 1330-1415 | 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

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 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!

COMBAT BOOTCAMP

Dedicated to improving fitness, losing weight & most importantly, having fun, Combat Bootcamp combines combat drills with high intensity exercises to challenge all participants at every level.

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.
