

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	Sue
	1800-1845	Step	Cardio	Studio 1	Int	Jo
B	1845-1920	Spin ***	Cardio	Spin Studio	Int	Sue
	1850-1920	Aerobics	Cardio	Studio 1	All	Jo
B	1930-2015	Aqua	Aqua	Pool	All	Jo
B	1935-2030	Pump FX ***	Condi	Studio 1	Int	Sue

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	Karen
	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	Young at Heart	Condi	Studio 1	Beg	Jenny
	1125-1155	Fab Abs	Condi	Studio 2	All	Anton
B	1215-1300	Pump FX ***	Condi	Studio 1	All	Alice
B	1730-1810	Power Bag Circuit	Condi	Studio 2	Int	Carl
B	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	Paul
B	1915-2000	Spin ***	Cardio	Spin Studio	All	Emma
B	1915-2000	Aqua	Aqua	Pool	All	Stewart
B	1920-2050	Yoga & Relax	Holistic	Studio 1	All	Elaine
	2000-2030	Abs Blast	Condi	Studio 2	All	Emma

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.
- A brand new class to the timetable

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	Richard
B	1900-1945	Legs, Bums & Tums	Condi	Studio 2	All	Michyla
B	1900-1945	Spin ***	Cardio	Spin Studio	All	Alice
	1900-2000	Bootcamp	Condi	Studio 1	Int/Ad	Steve
B	2000-2040	Power Bag Circuit	Condi	Studio 2	All	Carl/Anton
	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
	1030-1115	Salsacise	Dance	Studio 1	All	Dawn
	1130-1215	Young at Heart	Condi	Studio 1	All	Dawn
B	1215-1300	Pilates	Holistic	Studio 1	All	Suzanne
	1230-1315	Body Blast	C & C	Studio 2	All	Niki
	1745-1830	Step	Cardio	Studio 1	Int	Tony
B	1810-1850	Spin ***	Cardio	Spin Studio	Int	Sue
	1830-1900	Abs	Condi	Studio 2	All	Tony
B	1900-1945	Pilates	Holistic	Studio 2	All	Debbie
B	1905-1945	Pump FX ***	Condi	Studio 1	All	Sue

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
	1215-1300	Step	Cardio	Studio 2	Int/Adv	Sandra
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	Carl

We also have a Body Control Pilates course on a Monday evening & 3 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.

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 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.

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.

YOUNG AT HEART

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.

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.
