

MONDAY

06:45-07:15	Express Spinning	Fitness Team
09:30-10:30	Body Combat	Karen
10:35-11:20	Legs, Bums & Tums	Emma
11:30-12:30	Yoga	Anne Holroyd
18:00-18:45	Legs, Bums & Tums	Karen
19:00-19:45	Spinning	Fitness Team
19:55-20:40	Spinning	Fitness Team

TUESDAY

09:30-10:00	Studio Cycling	Sarah
10:05-10:35	Studio Cycling	Sarah
10:40-11:25	Body tone	Sarah
11:30-12:30	Intro to Pilates	Anne Holroyd
18:00-19:00	Bodypump	Fitness Team
19:10-19:55	Intro to Pilates	Michelle
20:00-21:00	Pilates	Michelle

WEDNESDAY

09:15-10:15	Body Combat	Karen
10:20-11:05	Total Body Tone	Karen
11:10-12:00	Pilates	Michelle
17:45-18:00	Body Combat Technique Session	Alison
18:00-19:00	Body Combat	Alison
19:10-19:55	Spinning	Fitness Team
20:00-20:45	Spinning	Fitness Team

THURSDAY

09:30-10:30	Studio Cycling & Abs	Sarah
10:35-11:35	Yoga	Anne Holroyd
17:00-17:55	Pilates	Anne Holroyd
18:00-18:45	Zumba	Sarah
19:00-20:00	Bodypump	Fitness Team
20:05-21:05	Yoga	Anne Walley

FRIDAY

09:15-10:00	Zumba	Sarah
10:05-10:50	Zumba	Sarah
10:55-11:40	Legs, Bums & Tums	Sarah
11:40-12:25	Aqua	Helen
18:00-18:40	Ab Blast Circuits	Fitness Team
18:45-19:30	Spinning	Fitness Team

SATURDAY

09:30-10:15	Spinning	Fitness Team
10:30-11:15	Spinning	Fitness Team

SUNDAY

10:00-11:00	Bodypump	Fitness Team
17:00-17:45	Spinning	Fitness Team

Our classes are aimed at all fitness levels and are inclusive of your membership so come and give them a go.

Please pre book your place on a class at reception.

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HOTELS

Class Description

Spinning – 45 minutes

This efficient, high-energy group exercise integrates music, camaraderie and visualization in a complete mind/body exercise routine for all fitness levels.

Express Spin – 30 minutes

An early morning 30 minute workout, ideal for getting you going for that long hard day at work.

Body Pump – 60 minutes

After an initial warm-up, all the major muscle groups are worked via a series of weight bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch.

Body Combat – 60 minutes

Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo. A fun and energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

Intro To Aero Tone – 45 minutes

A low impact class combining basic aerobic and toning routines. A great introduction to studio and aerobic classes and an ideal calorie burner.

Aqua Aerobics – 45 minutes

Aqua Aerobics is an excellent method of exercise which improves the fitness of your heart and lungs, tones the body and reduces fat. Suitable for all levels of fitness.

Legs, Bums & Tums – 45 minutes

Exactly what it says on the tin! Getting you slim, trim and toned.

Body Tone – 45 minutes

Aerobic based body toning providing a great all over body workout.

Total Body Tone – 45 minutes

A low impact class using hand weights and resistance bands to sculpt and shape the body.

Studio Cycling – 30 minutes

Indoor studio cycling for a good cardio workout to burn those calories!

Studio Cycling & Abs – 60 minutes

This class sees Studio Cycling & Ab Blast combine to give you the ultimate Cardio & Core workout!

Ab Blast Circuits – 40 minutes

Focusing on the abdominal area, an intense 25 minute workout to strengthen your core, tone and re-shape your middle!

Intro to Pilates – 45/60 minutes

New to Pilates? This class offers an introduction to the set up and moves involved in the pilates method.

Pilates – 50/55/60 minutes

The Pilates method develops body awareness, improving and changing the bodies postural and alignment habits and increasing flexibility and ease of movement.

Yoga – Anne Walley - 60 minutes

Hatha yoga. Incorporates gentle flowing movements with a combination of Pranayama, Meditation and Relaxation Techniques to help heal the mind and body.

Yoga – Anne Holroyd - 60 minutes

Flowing movements to increase flexibility and strength and improve posture. Hatha yoga incorporates breathing exercises and a guided relaxation at the end of the class.

Zumba - 45 minutes

Zumba is a Latin inspired easy to follow calorie burning dance fitness workout. Come along and join the party!

