

**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
19:30-20:30	Yoga - Relaxation Room	Anne Walley
20:00-20:45	Spinning	Fitness Team

**THURSDAY**

09:15-10:15	Studio Cycling & Abs	Fitness team
10:25-11:25	Yoga	Anne Holroyd
11:30-12:30	Pilates	Karen
17:00-17:55	Pilates	Anne Holroyd
18:00-18:45	Zumba	Sarah
19:00-20:00	Bodypump	Fitness Team

**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.

**Rookery Hall Health Club & Spa**

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## 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.

### **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!

