

# Exercise and Activity Timetable

Tuesday 1<sup>st</sup> March – Thursday 31<sup>st</sup> March

**Hotel & Day Spa Guests – Costs are  
£8.50 a class (<30min) or £10 (>30min)  
To Book: 01255 863420 or visit Spa Reception**



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.00	Body Con Exercise Studio	07.30-08.30	Early Morning Guided Meditation Relaxation Room	08.30-09.00	Aqua Swimming Pool	07.30-08.30	Studio Strength Exercise Studio	07.30-08.15	Barbells Exercise Studio	08.30-09.00	HIIT Exercise Studio	08.30-09.00	Core Conditioning Exercise Studio
08.15-08.45	Aqua Swimming Pool	07.30-08.30	Circuits & Stretch Exercise Studio	09.15-10.00	Pilates* Exercise Studio	08.45-09.30	Lifecycle Exercise Studio	08.30-09.00	Lifecycle Exercise Studio	09.10-09.40	Body Con Exercise Studio	09.10-09.40	Pilates Stretch Exercise Studio
09.00-10.00	Pilates Exercise Studio	08.40-09.10	HIIT Exercise Studio	10.10-10.55	Core Stability* Exercise Studio	09.00-09.45	Reiki Drumming Relaxation Room	08.30-09.00	Aqua Swimming Pool	09.50-10.35	Stretch & Flow Exercise Studio	10.00-11.00	Dynamic Vinyasa Yoga Exercise Studio
10.30-11.45	Apaneveda Yoga Exercise Studio	09.20-09.50	Stretch Exercise Studio	12.30-13.30	Hatha Stretch Yoga Exercise Studio	10.00-10.45	Abs & Stretch Exercise Studio	09.15-10.00	Wake Up Workout Exercise Studio	11.00-12.00	Pilates Exercise Studio	11.15-12.15	Fitsteps Exercise Studio
14.00-14.45	Abs & Stretch Exercise Studio	12.30-13.30	Restorative Yoga Exercise Studio			11.00-12.00	Qi Gong Exercise Studio	10.10-10.55	Core Stability* Exercise Studio	12.10-12.55	Dance Fit Exercise Studio		
16.45-17.45	Alchemy Crystal Sound Bath Meditation Relaxation Room			17.20-17.50	Total Body Conditioning Exercise Studio	12.30-13.30	Meditation Relaxation Room	11.05-11.50	Pilates* Exercise Studio	12.30-13.30	Meditation Relaxation Room	16.00-17.00	Apaneveda Yoga Exercise Studio
17.00-17.30	Body Con Exercise Studio	14.00-15.00	Let's Dance Exercise Studio	18.00-18.30	Swiss Ball Exercise Studio			12.30-13.30	Meditation Relaxation Room	16.00-17.00	Hatha/ Vinyasa Yoga Exercise Studio		
17.40-18.10	Stretch Exercise Studio	16.30-17.20	Mindful Qi Gong Exercise Studio	18.40-19.25	Pilates* Exercise Studio	17.30-18.30	Power Yoga Exercise Studio						
18.00-19.00	Alchemy Crystal Sound Bath Meditation Relaxation Room	17.30-18.30	Hatha/ Vinyasa Yoga Exercise Studio	<b>*Please note that these classes are for Members Only</b>		18.45-20.00	Yin Yoga Exercise Studio	16.15-17.30	Prana Flow Yoga Exercise Studio	<b>Class Changes/Cancellations (Subject to Change)</b>  Mon 7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup> – Both Alchemy Meditations cancelled Tues 8 <sup>th</sup> , 15 <sup>th</sup> , 29 <sup>th</sup> – Early Meditation cancelled Mon 14 <sup>th</sup> – Abs & Stretch 30mins only Mon 21 <sup>st</sup> – Abs & Stretch, Body Con (PM) & Stretch cancelled Sun 27 <sup>th</sup> – Fitsteps cancelled Weds 30 <sup>th</sup> – Evening classes cancelled			
19.15-20.30	Yin Yoga Exercise Studio	18.45-19.45	Resistance Bands Exercise Studio					18.30-19.30	Hatha/ Vinyasa Yoga Exercise Studio				

All classes have a **10min** gap to allow for changeover in between classes. Cancellation of class will occur if a **minimum of 3 people** is not met.

**You must be booked onto a class to attend.** Thank you for your understanding.

# Exercise and Activity Class Descriptions

**Alchemy Crystal Sound Bath Meditation** - Come along and learn powerful techniques to train your mind and heart. Transform your life to bring in more positivity and light. The Alchemy crystal bowls emit a pure resonance which vibrates through the body bringing balance into the systems. **Please bring your own cushion or blanket.**

**Apanaveda Yoga** - A slow but strong yoga practice, where the breath initiates and inspires all movement.

**Aqua** - Improve stamina, strength and suppleness with this fun water based class.

**Barbells** – An intensive strength training class that incorporates barbells for a workout that will build muscle and burn fat.

**Body Conditioning** - A Class using compound moves, weights + body weight to tone & condition the whole body.

**Core Conditioning** – Tone and strengthen abs to support functional movement.

**Core Stability\*** - A session with a Physiotherapist working on your core stability and posture. This class is for Members only.

**Dance Fit** - From chart hits, Latin rhythms, classic tunes and everything in between. Fun and energetic, a whole body experience. Golden Dance Fit is more appropriate for those looking for a more gentle class.

**Dynamic Vinyasa Flow Yoga** - Increase your strength and flexibility with this energetic flowing sequence based class.

**Fitsteps** - Fitsteps is a fun dance fit exercise program created by previous Strictly professionals. It is a dance alone class, no partner needed, just wear comfortable trainers. Dance the Cha Cha Cha, Waltz, Tango and many more. Keeeep dancing!

**Hatha/Vinyasa Flow Yoga** - A class for mixed ability practitioners without health restrictions, focusing on strength, flexibility and relaxation.

**Let's Dance** – For all ages and abilities. It works the entire body to develop strength and stamina, while firing up the brain cells. Music old and new to lift your mood and improve your well-being.

**Life Cycle** - Your instructor will guide you through steady up-tempo cadences, sprints, climbs and body positions on your static studio bike to get you fast results.

**Lifehouse HIIT** - A high intensity workout involving a high number of reps and sets.

**Meditation** - An opportunity to clear and calm the mind for the day, to experience more clarity, ease harmony and balance in your life.

**Pilates** - Pilates is a system of controlled exercises that engage the mind and condition the total body. Weekday Pilates\* classes are for Members only.

**Pilates Stretch** - Tone and strengthen, walk away stronger and taller.

**Power Yoga** – A class for mixed ability, and an alternative for strength and weight bearing, designed to put you through your paces.

**Prana Flow Yoga** – This class is a pure mix of Pranayama( Breathing techniques) to improve your breathing, Asana( Postures) to improve strength and flexibility and guided meditation to help you relax completely.

**Qi Gong** - Qi Gong is similar to Tai Chi but easier to learn. Qi Gong uses slow, graceful movements combined with controlled breathing to promote circulation of Qi (energy) within the body to produce a sense of calmness and well-being. Qi Gong is for all ages and loose- fitting clothing and non-slip socks are the only equipment required.

**Reiki Drumming** - Reiki Drum Meditation enables you to relax into the rhythm of the drum, allowing your mind to shift in consciousness to go on a healing meditative journey. A great way to start the day.

**Resistance Bands** – Your instructor will guide you through a full body workout using resistance bands, followed by a deep stretch. **\*Please bring your own band if possible\***

**Restorative Yoga** - Calm your mind, relax your body and restore your energy, with Restorative Yoga

**Stretching** - Comprehensive stretching programme designed to compliment high impact classes and bring balance to your work out.

**Stretch & Flow** – Pilates and Yoga fusion class to work the core and stretch the whole body.

**Studio Strength** - Work out using dumbbells, bodyweight, barbells, Swiss balls, the lot! Aims to condition the whole body to get the most from your resistance session!

**Swiss Ball** - In this class you will use the large inflatable stability balls to improve your balance, strength and muscle tone.

**Total Body Conditioning** – Full body conditioning split into upper/lower, cardio and stretch elements.

**Wake Up Workout** - A combination of aerobic and strength conditioning exercises to energise you for the day.

**Yin Yoga** - A slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

## Terms and Conditions

If you are a guest and cannot attend a pre-booked class, please be sure to cancel 24HRS BEFORE the class begins to avoid a full charge.

**Note for Pregnant Women** - Restorative yoga is suitable for pregnant women. If you have never done yoga before, our other yoga classes will not be suitable. If you were a seasoned practitioner BEFORE pregnancy and are currently taking pregnancy yoga classes, then you may join our other yoga classes providing you are familiar with the recommended poses that are suitable for you during pregnancy.