

Exercise and Activity Timetable

Wednesday 1st June – Tuesday 30th June

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

All classes take part in the Exercise Studio, apart from the Meditations (Relaxation Room) and Aqua (Swimming Pool)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.00	Body Con	07.30-08.30	Early Morning Guided Meditation	08.30-09.00	Aqua	07.30-08.15	HIIT	07.30-08.15	Barbells	08.30-09.00	HIIT	08.30-09.00	Core Conditioning
08.15-08.45	Aqua	07.30-08.15	Circuits	09.15-10.00	Pilates*	08.30-09.15	Lifecycle	08.30-09.00	Lifecycle	09.10-09.40	Body Con	09.10-09.40	Pilates Stretch
09.00-10.00	Pilates	08.30-09.00	HIIT	10.10-10.55	Core Stability*	09.45-10.30	Abs & Stretch	08.30-09.00	Aqua	09.50-10.35	Stretch & Flow	10.00-11.00	Dynamic Vinyasa Yoga
10.30-11.45	Apaneveda Yoga	09.10-09.40	Stretch	11.15-12.15	Hatha Stretch Yoga	11.00-12.00	Qi Gong	09.15-10.00	Wake Up Workout	11.00-12.00	Pilates		
12.30-13.30	Exercise Studio Closed	11.15-12.15	Restorative Yoga			12.30-13.30	Meditation	10.10-10.55	Core Stability*	12.10-12.55	Dance Fit	14.50-15.50	Resistance Bands
16.45-17.45	Alchemy Crystal Sound Bath Meditation	12.30-13.30	Exercise Studio Closed	17.20-17.50	Total Body Con	12.30-13.30	Exercise Studio Closed	11.05-11.50	Pilates*	12.30-13.30	Meditation	16.00-17.00	Apaneveda Yoga
17.00-17.30	Body Con	14.00-15.00	Let's Dance	18.00-18.30	Swiss Ball	17.30-18.30	Power Yoga	12.30-13.30	Meditation				
17.40-18.10	Stretch	17.30-18.30	Hatha/Vinyasa Yoga	18.40-19.25	Pilates*	18.45-20.00	Yin Yoga	12.30-13.30	Exercise Studio Closed	16.00-17.00	Hatha/Vinyasa Yoga		
18.00-19.00	Alchemy Crystal Sound Bath Meditation	18.45-19.45	Resistance Bands					16.15-17.30	Prana Flow Yoga				
19.15-20.30	Yin Yoga							18.00-19.00	Hatha/Vinyasa Yoga				

***Please note that these classes are for Members Only**

Class Changes/Cancellations
(Subject to Change)

Thurs 2nd – Qi Gong cancelled
 Fri 3rd - Aqua at 09:15. Wake Up Workout and Core Stability cancelled. Pilates at 10:00, Pelvic Pilates at 11:10. Meditation cancelled.
 Mon 13th – PM Body Con & Stretch replaced with HIIT at 16:30 & Body Con at 17:05.
 Mon 20th – Both Alchemy Sound Baths cancelled
 Tues 21st – Early Meditation cancelled

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.

- Strength based class using weights
- Relaxing class
- Cardiovascular workout
- Floor based workout

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.

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.

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.

Pelvic Pilates* - This class is based on the Pilates principles but with a focus on recruiting and releasing your pelvic floor. This class can be for men or women.

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.

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 Con – 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.