

Fitness & Relaxation Timetable

Monday 1st June – Tuesday 30th June

Hotel & Day Spa Guests – Costs are
 £10.00 a class (<30min) or £12 (>30min). Virtual Classes £5
 To Book: 01255 863420 or visit Spa Reception

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.00	Body Con Kim	07.30 - 08.15	Total Tone Vivian	07.30-08.15	Spin Jo	07.30-08.15	Spin Jo	07.15-08.00	Sculpt & Tone Neil	08.30-09.00	HIIT Kim	08:30-09:00	Lifecycle Neil
08.15-08.45	Aqua* Kim	08.25-08.55	Lifecycle Vivian	08:30 – 09:00	Aqua* Kim	08.15 – 08.45	Aqua* Neil	08.15-09.00	Mindful Movement Natasha	09.10-09.40	Body Con Kim	09:10–09:40	Sculpt & Tone Neil
09.00-9.50	Abs & Stretch 50 Ria	09.05-09.45	LBT Pilates Fusion Vivian	08:30-09:00	Total Body Conditioning Neil	08.55-09.45	Kettlebell / HIIT Training Neil	08.30-09.00	Aqua* Neil	09.50-10.30	Swiss Ball Kim	09:50-10:20	LBT 30 Neil
10.00-10.50	Abs & Stretch 50 Ria	09.55-10.35	Swiss Ball 40 Vivian	09:15-10:00	Pilates* Natasha	09.55-10.40	Abs & Stretch Ria	09.15-10.00	Body Blast Natasha	11.00-12.00	Soft, Slow & Low LBT 60 Kim	10:30-11:30	Dynamic Vinyasa Yoga Jocelyne
11.15-12.30	Apaveveda Yoga Ria	11.30-12.30	Restorative Yoga Jocelyne	10:10-10:55	Core Stability* Natasha	11.00-12.15	Tai Chi Ruth	10.10-10.55	Core Stability* Natasha	12.10-12.55	Dance Fit Kim		
		14.00-15.00	Let's Dance Kim	11:20-12:20	Hatha Stretch Yoga Jocelyne	12.30-13.30	Meditation Sarah D	11.05-11.50	Pilates* Natasha	16.00-17.00	Hatha/ Vinyasa Yoga Jocelyne		
16:45-17:45	Alchemy Crystal* Sound Bath Meditation Lesley	15.05-15.35	Chair Fitness Kim	12:40-13:20	Soft, Slow & Low LBT 30 Kim	17.00-17.30	Circuits Neil	11:00-12:15	Yoga Nidra Lucia (MBS Room)				
17:05-17:50	Circuits & Stretch Neil			13:30-14:00	Pedal Power Kim	17.40-18.10	Sculpt & Tone Neil	12.15-13.05	Abs & Stretch 50 Ria				
18.00-18.30	Kettlebells Neil	17.35-18.35	Hatha Flow Yoga Jocelyne	17.15-18.15	Combat Neil	18.45-20.00	Yin Yoga Ria	12.30-13.30	Meditation Sarah D				
18.00-19.00	Alchemy Crystal* Sound Bath Meditation Lesley	18.45-19.45	Resistance Bands Ria					13.15-14.15	Myofascial Release Ria				
19.15-20.30	Yin Yoga Ria							16:05-17:05	Functionl Fitness Kim				

*Please, note that these classes are for Members Only

Live classes will be replaced with a virtual version in the studio if a minimum of three people is not met.

You must be booked onto a class to attend.

Class Changes/Cancellations (Subject to Change)

NEW CLASSES – Friday's
 Lucia - YOGA NIDRA
 Kim - ZUMBA & FUNCTIONAL FITNESS

Monday 8th Body Con & Aqua cancelled
 Wednesday 3rd & 10th – TBC covered by Natasha
 Combat @ 17:15 replaced with Natasha's Pilates
 Thurs 4th & 11th - Kim cover Aqua, Kettlebells / HIIT
 Ria – cover Circuits and Sculpt & Tone with 60 min
 Resistance Bands @ 5pm
 Friday 5th & 12th Kim cover Sculpt & Tone & Aqua
 Sunday 7th – Natasha to cover Neil's classes (8.30
 Swiss Ball, Sculpt & Tone & LBT)
 Monday 8th, 15th & 22nd Ria to cover Sound Baths
 Monday 8th Natasha to cover Circuits & kettlebells
 Sunday 14th – Kim to cover Neil's classes (8.30 Spin,
 Sculpt & Tone & LBT)
 Thursday 18th Ruth to cover Meditation
 Thursday 25th Yin Yoga covered by Lucia

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.

Body Blast – is a workout that targets multiple muscle groups simultaneously. It focuses on improving muscular tone and core strength.

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

Combat - This full body workout is where mixed martial arts meets HIIT. With easy to follow patterns and various drills to challenge your cardio, muscular endurance, balance & flexibility. The objective is continually shock the body to create change.

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.

Functional Movements - It helps with coordination and flexibility, and works to target your whole body rather than just one or two muscle groups incorporating weights and body weight movements.

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

Kettlebells – A functional workout that burns calories, builds strength without bulk, helps you lose fat, and improves body tone, mobility, energy, cardiovascular endurance and muscular fatigue.

Legs, Bums & Tums - Shape up and burn fat as you lunge, step and squat your way to fitness in fun class, using both weights and your own bodyweight.

LBT Pilates Fusion - An Ideal combination to toning and strengthening the legs bums and tum's in combination of light aerobic exercises that focus on revolutionising the classic LBT Fitness infused with classic Pilate's exercises

Life Cycle/ SPIN / Beginners Pedal Power– You will be guided through steady up-tempo cadences, sprints, climbs and body positions on your static studio bike to get you fast results.

Meditation - An opportunity to clear and calm the mind for the day, to experience more clarity, ease harmony

Mindful Movement - Chair based exercises 30 mins i.e. slow controlled purposeful movements connecting mind and body to breathe and 15 mins mindfulness practice at end - breath work, imagery, visualisations and sound

Myofascia Release - A Myofascial Release class teaches manual therapy techniques to relieve pain and improve mobility by releasing tension in the fascia, the connective tissue surrounding muscles.

Pilates - Pilates is a system of controlled exercises that engage the mind and condition the total body. Tone and strengthen, walk away stronger and taller.

Resistance Bands – Your instructor will guide you through a full body workout using resistance bands, followed by a deep stretch.

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

Slow, Soft & Low LBT - This unique session combines gentle, ground-based exercises to target the legs, bums, and tums while incorporating controlled movements for optimal strength and stability.

Sculpt & Tone – A top-to-toe workout involving a complete reps using a choice of weights, designed to boost your metabolism and burn body fat. This class varies from week to week to keep your body on its toes and ensure you continue to condition, tone and sculpt your whole body.

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

Tai Chi – A Chinese system of internal martial art, its slow meditative movements are aimed at promoting health and happiness, suitable for all ages and abilities, comfortable clothing required,

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

Total Tone – An all over body conditioning with light weights and high reps to fatigue and over load muscles targeting the total body with emphases on toning and conditions all major muscle groups to increase muscle endurance.

Yin Yoga - A slow-paced style of yoga as exercise with Asana (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.

Zumba - Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise.

Terms and Conditions

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.