

Exercise and Activity Timetable

Saturday 22nd Aug – Wednesday 30th Sep

£5.00 a class (<30mins) or £8.50 (>30mins)
 excl. members and wellness break guests.
 To Book: 01255 863420 or visit Spa Reception



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.30	Body Con & Stretch Exercise Studio	07.30-08.15	Body Conditioning Exercise Studio	09.15-10.00	Pilates* Exercise Studio	07.30-08.15	Studio Strength Exercise Studio	07.30-08.15	Barbells Exercise Studio	08.30-09.30	Body Con & Stretch Exercise Studio	08.30-09.15	Abs & Stretch Exercise Studio
09.15-10.00	Pilates* Exercise Studio	09.00-09.45	HIIT & Stretch Exercise Studio	10.45-11.30	Core Stability Exercise Studio	09.00-09.45	Lifecycle Exercise Studio	09.00-09.45	Lifecycle Exercise Studio			10.00-11.00	Dynamic Vinyasa Yoga Exercise Studio
10.45-12.00	Apaneveda Yoga Exercise Studio	10.30-11.30	Move It Lose It & Stretch Exercise Studio	12.30-13.30	Hatha Stretch Yoga Exercise Studio	10.30-11.15	Stretch Exercise Studio	10.30-11.00	Wake Up Workout Exercise Studio	12.15-13.15	Pilates Exercise Studio		
		12.30-13.30	Restorative Yoga Exercise Studio			12.00-13.00	Qi Gong Exercise Studio	11.45-12.30	Pilates* Exercise Studio	14.00-15.00	Musical Moves Exercise Studio	16.00-17.00	Apaneveda Yoga Exercise Studio
19.15-20.30	Yin Yoga Exercise Studio			17.30-18.15	Swiss Ball Exercise Studio					16.00-17.00	Hatha/Vinyasa Yoga Exercise Studio		
		17.15-18.15	Hatha/Vinyasa Yoga Exercise Studio			19.00-19.45	Mindful Qi Gong Exercise Studio	14.15-15.00	Mindful Qi Gong Exercise Studio				
		19.00-19.45	Total Body Blitz Exercise Studio					18.30-19.30	Hatha/Vinyasa Yoga Exercise Studio				

Class Changes/Cancellations

Thurs Mindful Qi Gong starts on the 10th Sep
 Fri Mindful Qi Gong starts on the 11th Sep

***Please note a Pilates induction (£15) is required before taking part in a weekday Pilates* class & is subject to availability. Please see Spa Reception to book.**

All classes have a 45min gap to allow for a full clean down in between classes. Any combined classes (e.g. Abs & Stretch) must be attended from the beginning, entrance will not be permitted for the second half of the class. **You must be booked onto a class to attend.**

Thank you for your understanding.

Exercise and Activity Class Descriptions

Abs + Stretch – 30 minute class to tone and strengthen abs.

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

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 Stability - A session with our resident Physiotherapist working on your core stability and posture.

Crystal Singing Bowl 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.

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

Hatha Stretch Yoga - Relaxing healthy sustained stretch, ideal for balancing an active lifestyle.

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

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.

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

Move It, Lose It! - A fun and vibrant dance class with easy moves performed in repetitive sequences to chart hits old and new.

Musical Moves- From chart hits, Latin rhythms, classic tunes and everything in between. Fun and energetic, a whole body experience.

Pilates - Pilates is a system of controlled exercises that engage the mind and condition the total body. A Pilate's induction (£15) must be carried out before taking part in a marked Pilates* class. This is bookable at spa reception & is subject to availability.

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.

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

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 Blitz - A complete body workout to improve stamina covering all main muscle groups.

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

Yin Yoga - Yin Yoga is 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.