

# Exercise and Activity Timetable

Friday 1<sup>st</sup> October – Sunday 31<sup>st</sup> October

**£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	Body Con & Stretch Exercise Studio	08.30-09.00	Aqua Swimming Pool	07.30-08.30	Studio Strength Exercise Studio	07.30-08.00	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	08.45-09.45	HIIT & Stretch Exercise Studio	09.15-10.00	Pilates* Exercise Studio	08.45-09.30	Lifecycle Exercise Studio	08.15-09.00	Lifecycle Exercise Studio	09.15-09.45	Body Con Exercise Studio	09.15-09.45	Pilates Stretch Exercise Studio
09.00-10.00	Pilates Exercise Studio			10.15-11.00	Core Stability* Exercise Studio	10.00-10.45	Abs & Stretch Exercise Studio	08.30-09.00	Aqua Swimming Pool	10.00-10.45	Stretch & Flow Exercise Studio	10.00-11.00	Dynamic Vinyasa Yoga Exercise Studio
10.30-11.45	Apaneveda Yoga Exercise Studio	12.30-13.30	Restorative Yoga Exercise Studio	12.30-13.30	Hatha Stretch Yoga Exercise Studio	11.00-12.00	Qi Gong 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
						12.30-13.30	Meditation Relaxation Room	10.15-11.00	Core Stability* Exercise Studio	12.15-13.00	Dance Fit Exercise Studio		
16.45-17.45	Crystal Singing Bowl Meditation Relaxation Room	17.30-18.30	Hatha/Vinyasa Yoga Exercise Studio	17.15-17.45	Total Body Conditioning Exercise Studio			11.15-12.00	Pilates* Exercise Studio	12.30-13.30	Meditation Relaxation Room	16.00-17.00	Apaneveda Yoga Exercise Studio
17.00-17.45	Lifecycle Exercise Studio			18.00-18.30	Swiss Ball Exercise Studio	16.30-17.15	Mindful Qi Gong Exercise Studio	12.30-13.30	Meditation Relaxation Room	16.00-17.00	Hatha/Vinyasa Yoga Exercise Studio		
18.00-19.00	Crystal Singing Bowl Meditation Relaxation Room			18.45-19.30	Pilates* Exercise Studio	17.30-18.30	Power Yoga Exercise Studio						
19.15-20.30	Yin Yoga Relaxation Room							18.30-19.30	Hatha/Vinyasa Yoga Exercise Studio				

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

All classes have a **15min** 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.

**Class Changes/Cancellations**  
**(Subject to Change)**

Friday 1<sup>st</sup> – Lifecycle replaced with HIIT  
Mon 25<sup>th</sup> – Lifecycle cancelled  
Tues 26<sup>th</sup> - Circuits and HIIT & Stretch cancelled  
Thurs 28<sup>th</sup> & Fri 29<sup>th</sup> – Lifecycle replaced with HIIT

# Exercise and Activity Class Descriptions

**Apanaveda Yoga** - Apanaveda Yoga is 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.

**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 or blanket.

## **Dance Fit**

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

**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. Keeeeeep dancing!

**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.

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

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

**Pilate 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.

**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.

**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** - 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.

## Terms and Conditions

If you are a Wellness or Hotel 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.