

Fitness & Relaxation Timetable

Friday 1st May – Sunday 31st May

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 Marion | 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* Marion | 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 |
| 09.00-10.00 | Pilates Marion | 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 |
| 10.10-10.55 | Pilates* Marion | 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 | Pilates Marion | 10:30-11:30 | Dynamic Vinyasa Yoga Jocelyne |
| 11.15-12.30 | Apneveda 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 Marion | | |
| | | 14.00-15.00 | Let's Dance Marion | 11:30-12:30 | 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 Marion | | | 17.00-17.30 | Circuits Neil | 12.15-13.05 | Abs & Stretch 50 Ria | | | | |
| 17:05-17:50 | Circuits & Stretch Neil | | | 12:40-13:10 | Soft, Slow & Low LBT 30 Kim | 17.40-18.10 | Sculpt & Tone Neil | 12.30-13.30 | Meditation Sarah D | | | | |
| 18.00-18.30 | Kettlebells Neil | 17.35-18.35 | Hatha Flow Yoga Jocelyne | 13:20-13:50 | Beginners Pedal Power Kim | 18.45-20.00 | Yin Yoga Ria | 13.15-14.15 | Myofascial Release Ria | | | | |
| 18.00-19.00 | Alchemy Crystal* Sound Bath Meditation Lesley | 18.45-19.45 | Resistance Bands Ria | 17.15-18.15 | Combat Neil | | | 18.00-19.00 | Hatha/ Vinyasa Yoga Jocelyne | | | | |
| 19.15-20.30 | Yin Yoga Ria | | | 18.35-19.35 | Rest & De-Stress Lucia | | | | | | | | |

Class Changes/Cancellations (Subject to Change)

4th & 25th Body Con, Aqua covered by Kim & Pilates
 Cover Vivian 4th, Faye 25th

7th to 28th Thursday Meditation covered by Ruth

8th to 29th Friday Meditation covered by Faye (Except 22nd cancelled)

9th HIIT, Body Con & Swiss Ball covered by Marion

13th Aqua, Soft, Slow & Low LBT, Beginners Pedal Power covered by Neil & Body Con cancelled.

22nd & 29th Mindful Movement & Pilates cancelled
 Body Blast & Core covered by Neil

27th Pilates replaced with 30min Swiss Ball & Core Stability, both covered by Neil

27th & 28th Spin is Virtual

30th Hatha/Vinyasa covered by Ria
 31st Dynamic/Vinyasa covered by Ria

*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.

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.

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.

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

SPIN/Life Cycle/ 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.

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,

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

Rest & De-Stress – Restore mind and body with a deeply de-stressing, calming blend of gentle floor-based mindful movement, relaxation and breath work.

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.

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.

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.