

Fitness & Relaxation Timetable

Thursday 1st – Saturday 31st May

Hotel & Day Spa Guests – Costs are
£8.50 a class (<30min) or £10 (>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* Natasha	08.15 – 08.45 Aqua* Neil	08.15-08.45 Lifecycle Neil	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 Con Neil	08.55-09.45 Kettlebell / HIIT Training Neil	08.30-09.00 Aqua* Natasha	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 Apaneveda Yoga Ria	11.30-12.30 Restorative Yoga Jocelyne	10.00 – 11.00 Sports Therapy & Rehab Talk Kieran	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 Garden Walk Neil
		10.10-10.55 Core Stability* Natasha		11.05-11.50 Pilates* Natasha	12.30-13.30 Meditation Sarah D	
16:45-17:45 Alchemy Crystal* Sound Bath Meditation Lesley	14.00-15.00 Let's Dance Marion	11.30-12.30 Hatha Stretch Yoga Jocelyne	12.30-13.30 Meditation Sarah D	12.30-13.30 Meditation Ria	16.00-17.00 Hatha/ Vinyasa Yoga Jocelyne	
17:05-17:50 Circuits & Stretch Neil	15.05-15.35 Chair Fitness Marion		17.00-17.30 Circuits Neil	14:00 – 15:00 Garden Walk Neil		
18.00-18.30 Kettlebells Neil	17.35-18.35 Hatha/ Vinyasa Yoga Jocelyne	17.10-17.55 Total Tone Kim	17.40-18.10 Sculpt & Tone Neil	18.00-19.00 Hatha/ Vinyasa Yoga Jocelyne		
18.00-19.00 Alchemy Crystal* Sound Bath Meditation Lesley	18.45-19.45 Resistance Bands Ria	18.00-18.40 Swiss Ball Kim	18.45-20.00 Yin Yoga Ria			
19.15-20.15 Yin Yoga 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.

Class Changes/Cancellations (Subject to Change)

Saturday 3rd^h – Marion covering Kim
Monday 5th & 12th – Crystal Sound Bath with Ria
Saturday 10th - Meditation covered by Ruth
Wednesday 21 & 28th - Total Body Con – Cxl
Thursday 22nd & 29th – Kim covering Neil (AM) & Ria covering Neil with Abs & Stretch Resistance Bands
Friday 23rd – Sculpt & Tone (30 mins) covered by Natasha starting @ 7:45 – Spin (V)
Sunday 25th – Spin (V) – Kim covering Neil (S & T)
Monday 26th – Circuits & Stretch and Kettlebells cxl
Garden Walks cancelled between – 23rd – 30th May
Friday 30th – Sculpt & Tone cxl – Lifecycle covered by Jo (45 min) @ 8:15am
Friday 30th & Saturday 31st – Ria covering Hatha Yoga

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 whole body.

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.

Garden Walk Explore our English Heritage Gardens with Neil – book via Spa Reception (£5 per person) an informative booklet is given to each attendee.

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

Hatha Yoga Flow - A full yoga practice that builds core strength and improves posture that encourages mindfulness for overall health and vitality. This class places emphasis on controlled breathing (Pranayama) and posture (Asana) in a slow flow style of yoga to help you find the space between poses.

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

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 / SPIN - 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

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.

Power Yoga – A class for mixed ability, and an alternative for strength and weight bearing, designed to put you through your paces.

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,

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.

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

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.

Stretch & Flow – Pilates and Yoga fusion class to work the core and stretch the 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.

Zumba - A fitness program that involves cardio and Latin-inspired dance, following choreography with footwork that works your leg muscles, arm movements that tone your arm muscles and squats that can tighten your glute and core muscles

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.