




















































Exercise and Activity Timetable

Monday 1st – Wednesday 31st January

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 Sarah C 	08.30-09.00 Lifecycle Neil 
08.15-08.45 Aqua Marion 	08.30-09.30 LBT Pilates Fusion Vivian 	08.30-09.00 Aqua Natasha 	08.30-09.15 HIIT & Stretch (V) 	08.15-08.45 Lifecycle Neil 	09.10-09.40 Body Con Sarah C 	09.10-09.40 Sculpt & Tone Neil 
09.00-10.00 Pilates Marion 	09.45-11.00 Hatha Flow Vivian 	08.30-09.00 Total Body Conditioning* Neil 	09.45-10.30 Abs & Stretch Ria 	08.30-09.00 Aqua Natasha 	09.50-10.35 Stretch & Flow Sarah C 	10.00-11.00 Dynamic Vinyasa Yoga Jocelyne 
10.10-10.55 Pilates* Marion 	11.30-12.30 Restorative Yoga Jocelyne 	09.15-10.00 Pilates* Natasha 	11.00-12.15 Tai Chi Ruth 	09.15-10.00 Legs, Bums & Tums Natasha 	11.00-12.00 Pilates Marion 	
11.05-12.20 Apaneveda Yoga Ria 		10.10-10.55 Core Stability* Natasha 	12.30-13.30 Meditation Sarah D 	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 		11.05-11.50 Pilates* Natasha 	12.30-13.30 Meditation Sarah D 	
16.45-17.45 Alchemy Crystal Sound Bath Meditation Lesley 	15.05-15.35 Chair Fitness Marion 	17.20-17.50 Total Body Con Natasha 	17.00-17.30 Circuits Neil 	12.30-13.30 Meditation Ria 		
17.30-18.15 Circuits & Stretch Neil 	17.00-17.30 Lifecycle Jo 	18.00-18.30 Swiss Ball Natasha 	17.40-18.10 Tone & Sculpt Neil 		16.00-17.00 Hatha/ Vinyasa Yoga Jocelyne 	
18.00-19.00 Alchemy Crystal Sound Bath Meditation Lesley 	17.35-18.35 Hatha/ Vinyasa Yoga Jocelyne 	18.40-19.25 Pilates* Natasha 	18.45-20.00 Yin Yoga Ria 	18.00-19.00 Hatha/ Vinyasa Yoga Jocelyne 		
19.15-20.30 Yin Yoga Ria 	18.45-19.45 Resistance Bands 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 3 people** is not met.

You must be booked onto a class to attend.

The studio will be **closed** 12:30-17:00 Monday, Wednesday, Thursday and Friday

Class Changes/Cancellations (Subject to Change)
Member's Drinks Party Wed 10th Jan @ 6-8pm
No live classes on Monday 1st January.

2nd Let's Dance & chair Fitness virtual
2nd, 3rd & 4th January – Lifecycle replaced with Virtual
8th January – Apaneveda & Yin Yoga cancelled
10th January – Marion to cover Aqua, TBC, Pilates & Core
Evening Classes cancelled for Members Drinks Party
Friday 12th Wendy to cover Aqua, Neil to cover LBT & Core
Wed 24th Wendy to cover Aqua, Marion to cover Pilates &
Core and Vivian to cover Total Body Con, Swiss Ball &
Pilates covered by Jill
Friday 26th Wendy to cover Aqua, Neil to cover LBT, Core &
Pilates covered by Jill.

-  Strength based class-using w eights
-  Relaxing class
-  Cardiovascular workout
-  Floor based workout

(V) = Virtual class shown in studio, will play automatically

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.

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.

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.

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 (Asanas) 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 tums in combination of light aerobic exercises that focus on revolutionising the classic LBT Fitness infused with classic Pilates 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 - 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.

Pilates 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.

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. ***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 - Comprehensive stretching programme designed to compliment high impact classes and bring balance to your workout.

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 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 overload 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 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 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.