

# Exercise and Activity Timetable

## Saturday 1<sup>st</sup> June – Sunday 30<sup>th</sup> June

**£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	
07.15 - 07.45 C	Life Cycle Exercise Studio	07.20 - 07.50 C/M	Circuits Exercise Studio	07.30 - 08.00 C	Life Cycle Exercise Studio	07.30 - 08.00 C/M	Circuits Exercise Studio	07.30 - 08.00 M	LBT Exercise Studio	08.30 - 09.00 C	HIIT Exercise Studio	08.30 - 09.30 C/M	Bootcamp Meet outside main reception
07.50 - 08.20 B/M	Body Conditioning Exercise Studio	07.50 - 08.20 M	LBT Exercise Studio	08.05 - 08.35 M	Barbells Exercise Studio	08.10 - 08.40 C	Life Cycle Exercise Studio	08.10 - 08.40 M	Barbells Exercise Studio	09.00 - 9.30 C/M	Body Conditioning Exercise Studio	09.30 - 10.00 B	Stretch Exercise Studio
08.30 - 9.00 C/B	Aqua Circuits Swimming Pool	08.20 - 08.50 C/M	Lifehouse HIIT Exercise Studio	08.40 - 09.10 C/M	ViPR + Swiss Ball Exercise Studio	08.50 - 09.20 C/M	Lifehouse HIIT Exercise Studio	08.40 - 09.10 C/M	Circuits Exercise Studio	9.30 - 10.15 B/M	Abs & Stretch Exercise Studio	10.00 - 11.00 M	Dynamic Vinyasa Yoga Exercise Studio
08.30 - 9.15 B	Pilates* Exercise Studio	08.50 - 09.20 M	Stretch Exercise Studio	09.15 - 10.00 B	Pilates* Exercise Studio	09.45 - 10.15 B/C	Aqua Circuits Swimming Pool	09.15 - 09.45 C/M	Wake Up Workout Exercise Studio	10.30 - 11.00 C	Life Cycle Exercise Studio	11.30 - 12.30 B	Pilates Exercise Studio
09.15 - 10.00 B	Pilates* Exercise Studio	09.30 - 10.00 C	Life Cycle Exercise Studio	09.30 - 10.00 C/B	Aqua Circuits Swimming Pool	10.15 - 11.00 C	Move it lose it Exercise Studio	09.50 - 10.20 C	Lifecycle Exercise Studio	11.30 - 12.30 B	Pilates Exercise Studio	12.45 - 13.45 B	Meditation Meet at Spa Reception
10.00 - 11.00 B	Qi Gong Exercise Studio	10.00 - 10.30 C	Drum 'N' Bass Workout® Exercise Studio	10.00 - 11.00 B	Hatha Stretch Yoga Exercise Studio	10.00 - 11.30 B	Stretching Exercise Studio	10.00 - 10.45 C	Aquacise Swimming Pool	12.45 - 13.45	Meditation Meet at Spa Reception		
11.00 - 12.00 B	Stress Busting Exercise Studio	10.30 - 11.15 C	Move it lose it Exercise Studio	11.00 - 11.50 M/B	Core Stability Circuits Exercise Studio	11.40 - 12.40 B/M	Qi Gong Exercise Studio	11.00 - 11.45 M	Core Stability Circuits Exercise Studio	16.00 - 17.00 B	Hatha/Vinyasa Yoga Exercise studio		
12.00 - 13.00 B	Meditation Meet at Spa Reception	11.15 - 11.45 B	Stretching Exercise Studio	12.00 - 13.00 B	Meditation Meet at Spa Reception	17.00 - 17.30 M	ViPR +Swiss Ball Exercise Studio	12.00 - 12.45 B	Pilates* Exercise Studio	<b>Class Cancellations/Changes:</b> 17 <sup>th</sup> - HIIT and Stretch cancelled 19 <sup>th</sup> - Morning Pilates & Core Stability cancelled. Swiss Ball and Pilates change to Fitball 17.30-18.30 20 <sup>th</sup> - Deep Relaxation cancelled 21 <sup>st</sup> - Life Cycle, Wake Up cancelled 24 <sup>th</sup> - Meditation, HIIT and Stretch cancelled 27 <sup>th</sup> - ViPR Swiss Ball, Stretch and Deep Relaxation cancelled 28 <sup>th</sup> - Meditation cancelled			
18.00 - 19.00 B	Crystal Singing Bowl Meditation Meet at Spa Reception	11.45 - 12.30 B/M	Mindful Qi Gong Exercise Studio	17.30 - 18.00 C/M	Swiss Ball Exercise Studio	17.30 - 18.00 B	Stretching Exercise Studio	12.00 - 12.45 B	Meditation Meet at Spa Reception				
18.00 - 18.30 M/C	HIIT Exercise Studio	12.30 - 13.30 B	Restorative Yoga Exercise Studio	18.00 - 18.45 B	Pilates* Exercise Studio	18.00 - 19.15 B	Restorative Pilates Exercise Studio	17.30 - 18.30 B	Pilates Exercise Studio				
18.30 - 19.00 B	Stretch Exercise Studio	17.30 - 18.30 B	Hatha/Vinyasa Yoga Exercise Studio			20:00- 20:40 B	Deep Relaxation Meet at Spa Reception	18.30 - 19.30 B	Hatha/Vinyasa Yoga Exercise Studio				
		18.35 - 19.05 M	Abs & Glutes Exercise Studio										
		19.05 - 19.45 M	Total Body Blitz Exercise Studio										

Key -  
 M: Muscular  
 C: Cardio  
 B: Body

**\*Please note a Pilates induction (£15) is required before taking part in a Pilates class (excludes Restorative Pilates, Friday evening & Weekend Pilates) & is subject to availability. Please see Spa Reception to book.**

Note: All Classes will finish 2 minutes before stated end time to allow class change over.

# Exercise and Activity Class Descriptions

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

**Abs + Glutes** - A class to strengthen and tone your abdominal area whilst working on your glutes to tone those stubborn areas.

**Aerobics** - A fun and vibrant dance class with easy moves performed in repetitive sequences to chart hits old and new.

**Aqua/Aqua Circuits** - 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.

**Circuits** - Spend up to 1 minute on a variety of exercise stations each designed to work different muscle groups.

**Core Stability Circuits** - 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.

**Deep Relaxation** - Using meditation techniques, you will be guided through a relaxation meditation to help the mind and body unwind and relax on the deepest level, enabling you to achieve a restful night's sleep. A soothing ambiance of soft lighting and tranquil music will leave you feeling peaceful and rested.

**Drum 'N' Bass Workout®** - A combat, cardio, HIIT training workout to drum and bass music.

**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.

**Legs, Bums and Tums** - A class focused on the most stubborn areas to increase strength and muscular endurance.

**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.

**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.

**Restorative Pilates** - Restorative Pilates is a class specifically designed to improve balance and flexibility, as well as assist in rehabilitation from injury or surgery.

**Stress Busting** - An opportunity to quieten the mind and learn some useful stress management tips to integrate into daily life.

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

**Swiss Ball Workout** - 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.

**ViPR & Swiss Ball** - Weighted tubes and the large inflatable stability balls that can be used for both strengthening, balance and cardiovascular exercise, a complete body workout.

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

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.