

Exercise and Activity Timetable

Saturday 5th Dec – Thursday 31st Dec

£8.50 a class (<1hr) or £10 (>1hr)
 excl. members and wellness break guests.
 To Book: 01255 863420 or visit Spa Reception



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.30	Body Con & Stretch 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	07.30-08.15	Barbells Exercise Studio	08.30-09.30	Body Con & Stretch Exercise Studio	08.30-09.30	Abs & Stretch Exercise Studio
08.30-09.00	Aqua Swimming Pool	09.00-10.00	HIIT & Stretch Exercise Studio	09.15-10.00	Pilates* Exercise Studio	09.00-09.45	Lifecycle Exercise Studio	08.45-09.30	Lifecycle Exercise Studio	10.00-11.00	Stretch & Flow Exercise Studio	10.00-11.00	Dynamic Vinyasa Yoga Exercise Studio
09.15-10.00	Pilates* Exercise Studio	10.30-11.30	Move It Lose It & Stretch Exercise Studio	10.30-11.15	Core Stability* Exercise Studio	10.30-11.15	Abs & Stretch Exercise Studio	09.15-09.45	Aqua Swimming Pool	12.30-13.30	Meditation Meet at Spa Reception		
10.45-12.00	Apaneveda Yoga Exercise Studio	12.30-13.30	Restorative Yoga Exercise Studio	12.30-13.30	Meditation Meet at Spa Reception	12.00-13.00	Qi Gong Exercise Studio	10.00-10.45	Wake Up Workout Exercise Studio	12.15-13.15	Pilates Exercise Studio	16.00-17.00	Apaneveda Yoga Exercise Studio
				12.30-13.30	Hatha Stretch Yoga Exercise Studio			11.15-12.00	Pilates* Exercise Studio	13.45-14.45	Musical Moves Exercise Studio		
18.00-19.00	Crystal Singing Bowl Meditation Meet in Relaxation Room	17.30-18.30	Hatha/Vinyasa Yoga Exercise Studio			19.00-20.00	Mindful Qi Gong Exercise Studio	12.30-13.30	Mindful Qi Gong Exercise Studio	16.00-17.00	Hatha/Vinyasa Yoga Exercise Studio		
19.15-20.30	Yin Yoga Exercise Studio			17.30-18.15	Swiss Ball Exercise Studio								
				18.45-19.30	Pilates* Exercise Studio			18.30-19.30	Hatha/Vinyasa Yoga Exercise Studio				

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

All classes have a 30min minimum gap to allow for a full clean down in between classes. Any combined classes (e.g. Abs & Stretch) must be attended from the beginning, entrance will not be permitted for the second half of the class. **You must be booked onto a class to attend.** Thank you for your understanding.

Class Changes/Cancellations (Subject to Change)

XMAS CLOSING 23rd @ 6pm- 27th @ 7am

Sun 6th & 13th – 10am Yoga cancelled
 Weds 9th & 16th – Yoga cancelled
 Tues 15th – 12:30 Yoga cancelled
 Fri 11th – Yoga cancelled
 Sat 12th – Yoga cancelled
 Tues 22nd & 29th - MILL replaced with stretch only, 45mins
 Weds 23rd - **no evening classes**
 Sun 27th – 4pm Yoga cancelled
 Mon 28th – Body Con cancelled

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

Exercise and Activity Class Descriptions

Abs + Stretch – Tone and strengthen abs and walk away stronger and taller.

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 Stability* - A session with our resident 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.

Dynamic Vinyasa Flow Yoga - Increase your strength and flexibility with this energetic flowing sequence based class.

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.

Move It, Lose It! - A fun and vibrant dance class with easy moves performed in repetitive sequences to chart hits old and new.

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

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

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.

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.