Fitness & Relaxation Timetable

Sunday 1st November – Monday 30th November

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

lifehouse spa & hotel

All classes take part in the Exercise Studio, except for the Meditations (Relaxation Room) and Aqua (Swimming Pool)

Monday

07.00-07.50	Sculpt & Tone Neil
08.15-08.45	Aqua* Neil
9.00-9.50	Abs & Stretch 50 Ria
10.00-10.50	Abs & Stretch 50 Ria
11.00-12.15	Apaneveda Yoga Ria
16.45-17.45	Alchemy Crystal* Sound Bath Lesley
17.05-17.50	Circuits & Stretch Neil
18.00-18.30	Kettlebells Neil
18.00-19.00	Alchemy Crystal* Sound Bath Lesley
19.15-20.30	Yin Yoga Ria

Tuesday

07.30 - 08.15	Total Tone Vivian
08.25-08.55	Lifecycle Vivian
09.05-09.50	LBT Pilates Fusion Vivian
10.00-10.45	Swiss Ball 45 Vivian
11.30-12.30	Restorative Yoga Jocelyne
16:00-17:00	Circuits & Stretch Neil
17.35-18.35	Hatha Flow Yoga Jocelyne
18.45-19.45	Resistance Bands Ria

Wednesday

07.30-08.15	Spin Jo
08.30 – 09.00	Aqua* Neil
9.30 – 10.00	Bootcamp Neil
10:10 – 10:50	Hybrid Neil
11.20-12.20	Hatha Stretch Yoga Jocelyne
13.30-14.30	Pilates Gaynor
14.40 – 15.40	Dance Gaynor
15:45 - 16.15	Chair Fitness Gaynor
16:20-17:05	Swiss Ball Natasha
17:10 – 17.55	Pilates 45* Natasha
18.00 19.00	Combat Neil

Thursday

07.15-08.00	Total Tone Vivian
08.10-08.55	LBT Pilates Fusion Vivian
08.00 – 08.30	Aqua* Neil
08.55-09.45	Kettlebell / HIIT Training Neil
09.55-10.40	Abs & Stretch Ria
11.00-12.15	Tai Chi Ruth
12.30-13.30	Yogalates Wiebke
13.40-14.40	Yogalates Wiebke
17.00-17.30	Circuits Neil
17.40-18.10	Sculpt & Tone Neil
18.45-20.00	Yin Yoga Ria

Friday

08.15-09.00	Mindful Movement Natasha
09.15-10.00	Body Blast Natasha
10.10-10.55	Core Stability* Natasha
11.05-11.50	Pilates* Natasha
11.00-12.15	Restorative Yoga Lucia (MBS Room)
12.15-13.05	Abs & Stretch 50 Ria
13.15 14.15	Myofascial Release Ria
16.00-16.50	Functional Fitness Kim
17.00-18.00	Dance Kim
18.15-19.15	Hatha/ Vinyasa Yoga Jocelyne

Saturday

08.30-09.00	HIIT Kim
09.10-09.40	Body Con Kim
09.50-10.30	Swiss Ball Kim
10.45-11.45	Dance Kim
16.00-17.00	Hatha/ Vinyasa Yoga Jocelyne

Sunday

08.30-09.00	Lifecycle Neil
09.10–09.40	Sculpt & Tone Neil
0950-10.20	LBT 30 Neil
10.30-11.30	Dynamic Vinyasa Yoga Jocelyne

Class Changes/Cancellations (Subject to Change)

From Friday 13th to Monday 30th Ria will cover all Jocelyn's Yoga class with exception to: Wednesday 25th & Saturday 28th these will be cancelled.

Friday 20th – Restorative Yoga covered by Ria @ 11:00

Dates For Your Diary

Tuesday 3rd November @ 10:15am – **Clarins Coffee Morning –** Book online / Spa Desk

Thursday 5th November **- Temple Spa Golden Glow Sparty** @ 10am or 11:30am – Book online / Spa Desk

Lifehouse Christms Fair in aid of The Salvation Army – Wednesday 9th December @ 5pm

***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

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Alchemy Crystal Sound Bath Meditation - Learn powerful techniques to transform your mind, heart, and life. Alchemy crystal bowls create pure vibrations that promote balance, positivity, and inner harmony.

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.

Bootcamp – A fast-paced group fitness session that combines cardio and strentfh training into one total- body routine.

Combat – A full-body mixed martial arts and HIIT workout combining drills to challenge cardio, strength, balance and flexibility.

Core Stability* - A session with a Physiotherapist working on your core stability and posture. This class is for Members only.

Dance - 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.

Functional Movements – Full-body exercises using weights and bodyweight to improve coordination, strength and flexibility.

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

Hybrid – An exciting challenge varying from week to week from strength, cardio & mobility.

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 – Combines Pilates with toning and strengthening exercises for legs, bums and tums, plus light cardio.

Life Cycle / SPIN / 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.

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

Myofascial Release – Learn techniques to release fascial tension, relieve pain, and improve mobility.

Pilates – Controlled exercises that strengthen, tone, and lengthen the body. Walk away feeling stronger and taller.

Resistance Bands – A full-body workout using bands to strengthen, tone, and improve flexibility

Restorative Yoga - Calm your mind, relax your body and restore your energy, with Restorative Yoga

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.

Sculpt & Tone – A full-body workout using weights to burn fat, boost metabolism, tone and sculpt.

Swiss Ball - In this class, you will use the large inflatable stability balls to improve your balance, strength and muscle tone.

Tai Chi – A Chinese system of internal martial art,– Slow, meditative movements promoting health and wellbeing. Suitable for all abilities.

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 - Slow-paced yoga with longer-held poses to promote deep relaxation and flexibility.

Yogalates – A fusion workout that combines the core activation and muscular precision of Pilates with the flow, breathwork, and mindfulness of Yoga

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.