

# Fitness & Relaxation Timetable

## Tuesday 1<sup>st</sup> October – Thursday 31<sup>st</sup> October

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	08.15 – 08.45	Aqua* Neil	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 Con Neil	08.55-09.45	Kettlebell / HIIT Training Neil	08.30-09.00	Aqua* Natasha	09.50-10.35	Stretch & Flow Sarah C	09:50-10:20	LBT 30 Neil
10.10-10.55	Pilates* Marion	11.30-12.30	Restorative Yoga Jocelyne	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			10.10-10.55	Core Stability* Natasha	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
		14.00-15.00	Let's Dance Marion	11.30-12.30	Hatha Stretch Yoga Jocelyne	12.30-13.30	Meditation Sarah D	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	15:30-16:30	Resistance Bands Robyn	12.30-13.30	Meditation Ria	16.00-17.00	Hatha/ Vinyasa Yoga Jocelyne		
17:05-17:50	Circuits & Stretch Neil	17.00-17.30	Spin Jo	18.00-18.30	Swiss Ball Natasha	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	18.40-19.25	Pilates* Natasha	17.40-18.10	Sculpt & Tone Neil	16.30-17.30	Zumba Kim				
18.00-19.00	Alchemy Crystal* Sound Bath Meditation Lesley	18.45-19.45	Resistance Bands Ria			18:45-20:00	Yin Yoga Ria	18.00-19.00	Hatha/ Vinyasa Yoga Jocelyne				
19.00-20.15	Yin Yoga Ria												

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

### Class Changes/Cancellations (Subject to Change)

Tuesday 1<sup>st</sup> – Let's Dance replaced with Zumba & Chair Fitness covered by Kim  
 Saturday 12<sup>th</sup> & 26<sup>th</sup> – Meditation covered by Ruth  
 Thursday 17<sup>th</sup> – Meditation covered by Ria  
 Saturday 19<sup>th</sup> – Meditation cancelled  
 Thursday 24<sup>th</sup> & 31<sup>st</sup> Abs & stretch covered by Neil & Yin Yoga cancelled  
 Thursday 24<sup>th</sup> & 31<sup>st</sup> – Meditation covered by Ruth  
 Monday 28<sup>th</sup> Apaneveda Yoga & Yin Yoga cancelled  
 Tuesday 29<sup>th</sup> - Resistance Bands covered by Natasha

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

# 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.