

# february studio timetable

## MONDAY

07.15 - 08.00	circuits	Gym Team
10.00 - 11.00	step level 1	Mandy S
10.00 - 10.45	water fit*	Kirsty
11.30 - 13.00	yoga and stretch*	Rosemary
13.30 - 14.30	precision strength	Judy
18.30 - 19.30	total strength	Amanda
19.30 - 20.30	360 fat burner	Gabriella

## TUESDAY

06.45 - 07.15	total blast	Gabriella
07.15 - 07.35	abs-olute core!	Gym Team
09.30 - 10.30	step level 3	Tony
10.30 - 11.30	total strength	Judy
11.45 - 12.45	pilates*	Amanda
13.00 - 13.45	zumba	Steve
18.00 - 19.00	body conditioning	Mandy S
19.00 - 20.00	step level 2	Mandy S
20.00 - 20.45	zumba latina	Carolina

## WEDNESDAY

07.15 - 08.00	total blast circuit	Gym Team
09.30 - 10.30	aerobics	Steve
10.30 - 11.15	fitsteps®	Amanda
11.30 - 12.30	pilates*	Amanda
13.00 - 14.15	yoga	Michelle
14.30 - 15.00	total blast	Gabriella
18.00 - 19.00	pilates	Dana
19.15 - 20.15	total strength	Joseph

## THURSDAY

07.30 - 07.50	abs-olute core!	Gym Team
09.30 - 10.15	zumba	Steve
10.00 - 10.45	water fit	Tony
10.30 - 11.30	body conditioning	Kirsty
11.30 - 13.00	yoga*	Rosemary
13.30 - 14.30	pilates	Michelle
18.00 - 19.00	legs bums tums	Mandy S
19.30 - 20.15	water fit	Kirsty

## FRIDAY

07.15 - 08.00	circuits	Gym Team
09.30 - 10.30	body sculpture*	Kirsty
10.30 - 11.30	dance fusion	Kate
11.30 - 13.00	mindful yoga	Heather
18.00 - 19.00	pilates	Heather

## SATURDAY

10.00 - 11.00	step and sculpt	Mandy S
11.00 - 12.00	legs bums tums	Mandy S
12.30 - 13.30	precision strength	Jonathan
14.00 - 15.30	mindful yoga	JC

## SUNDAY

10.30 - 10.50	abs-olute core!	Gym Team
11.00 - 11.45	total blast circuit	Gym Team

Classes that do not attract the minimum number of six participants on a regular basis may unfortunately be cancelled. The timetable is subject to change, please check the studio noticeboard regularly for updates, forthcoming events and new classes. To find out more about any of our classes or to book a place, please call spa reception on 01784 220990.

\* These classes are for members only.

# studio class descriptions

- ABS-OLUTE CORE!** Increase your core strength and shape up for the summer with this twenty minute high intensity workout, hitting your abs from all angles. The perfect quick addition to any weekly routine!
- BODY CONDITIONING** A complete all over body workout involving aerobics and resistance exercises, an energetic fun class to improve overall fitness and tone up.
- BODY SCULPTURE** An all over body workout which includes work with body bars, free weights and floor work.
- CIRCUITS** These classes combine cardiovascular and resistance work stations in the studio. Strength and endurance are both targeted, which is suitable for anyone who enjoys working up a sweat with some fun.
- DANCE FUSION** A dance class involving Broadway jazz and funky moves to name but a few. A fun and energetic class.
- 360 FAT BURNER** An all over body high energy workout. This class is suitable for people of all levels and abilities, designed to improve your cv fitness, strength, stamina and body shape. Containing a mixture of cardio, resistance and body weight exercise.
- FITSTEPS®** A dance workout that mixes the graceful steps of Ballroom and the up-tempo steps of Latin to create fun-filled classes where you don't even realise you're getting fit! Transform your body whilst having fun dancing to the music! No step involved and no partner required.
- LEGS BUMS TUMS** A conditioning class focusing on those key areas.
- PILATES** A fusion of western and eastern philosophies, teaches breathing with movement, body mechanics, balance, co-ordination and positioning of the body alignment, increasing strength, mobility and flexibility.
- PRECISION STRENGTH** Non-impact slow moves to achieve long strong lean muscles and increased core stability.
- STEP CLASSES** Classes for participants who want to work hard, the levels indicating the increase in complexity of the moves and choreography.
- STEP AND SCULPT** A high intensity workout combining an all over body workout with elements of interval training and step routines.
- TOTAL BLAST** This session focuses on high intensity interval training. It works the whole body using body weights and bands. If you are short of time but want maximum results, this is the class for you.
- TOTAL STRENGTH** The ultimate studio weights workout! Works on all the major muscle groups. It strengthens and tones muscles like nothing else! Set moves, so suitable for all, this class gets results!
- WATER FIT** Eliminates impact and stress on the joints. This class provides a safe and effective conditioning cardiovascular workout. Great for all levels as you get out of it what you put into it.
- YOGA** Increase your range of motion, strength and flexibility. Enhance relaxation and reduce tension. Complete escapism from the stresses of daily life.
- ZUMBA** Zumba literally means "moving quickly and having fun". All the different Latin American dance styles encourage you to move your body.
- ZUMBA LATINA** This class you will learn traditional Spanish dances, flamenco and modern Latin steps. A good all round fun workout toning the body.