

FITNESS TIMETABLE

RESIDENTS AND MEMBERS

source
SPA AND WELLNESS

Sunday

Pre-booking essential. Please call the Source team on 01271 892003

Time	Class	Instructor	Fitness goal	Location
9am-10am	Tai Chi	Steve Shackleton	Balance	Activity Dome
10.15am-11.15am	Yoga (exclusive to Source members)	Jessica Wright	Strength	Activity Dome
6pm-7pm	Meditation (exclusive to Source members)	Natasha King	Relax	Activity Dome
7pm-7.30pm & 7.40pm-8.10pm	Meditation	Natasha King	Relax	Activity Dome

Monday

Time	Class	Instructor	Fitness goal	Location
8am-8.30am & 8.40am-9.10am	Yoga for the nervous system	Natasha King	Relax	Activity Dome
9am-10am	Tennis (exclusive to Source members)	Rob Cook	Build	Activity Dome
4pm-4.30pm & 4.40pm-5.10pm	Vinyasa yoga	Jessica Wright	Strength	Activity Dome
6.30pm-7.30pm	Yoga for stress (exclusive to Source members)	Natasha King	Relax	Activity Dome

Tuesday

Time	Class	Instructor	Fitness goal	Location
8am-8.30am	Mind body balance	Steve Shackleton	Relax	Activity Dome
9.30am-10.30am	Pilates	Kendra Pilates	Flexibility	Activity Dome
7.30pm-8.30pm	Yoga (exclusive to Source members)	Jessica Wright	Strength	Activity Dome

Wednesday

Time	Class	Instructor	Fitness goal	Location
8am-8.30am & 8.40am-9.10am	Vinyasa yoga	Bay Fitness	Strength	Activity Dome
9.30am-10.30am	Yoga	Bay Fitness	Balance	Activity Dome
7.30pm-8.30pm	Tai Chi	Steve Shackleton	Balance	Activity Dome

Thursday

Time	Class	Instructor	Fitness goal	Location
7am-8am	Yoga (exclusive to Source members)	Jessica Wright	Energise	Activity Dome
10am-10.30am & 10.40am-11.10am	Vinyasa yoga	Bay Fitness	Strength	Activity Dome

Friday

Time	Class	Instructor	Fitness goal	Location
7.30am-8.15am & 8.30am-9.15am	Pilates	Kendra Pilates	Flexibility	Activity Dome
9.30am-10.30am	Yoga (exclusive to Source members)	Jessica Wright	Strength	Activity Dome
6pm-7pm	Full body workout (exclusive to Source members)	Bethany Jackson	Burn	Activity Dome

Saturday

Time	Class	Instructor	Fitness goal	Location
8am-9am & 9.30am-10.30am	Yoga	Bay Fitness	Relax	Activity Dome