



# CLASS TIMETABLE

## MONDAY

- 7.30am (45mins) **Pilates** with Natasha Burgess M S
- 8:30am (45mins) **Pilates** with Natasha Burgess S
- ~~10.30am (60mins) **Gym Strength** with Megan Martin S~~
- 11.45am (60mins) **Chair Yoga** with Sian Marie S
- 5.15pm (60mins) **Hatha Yoga** with Natasha King M S
- 6.30pm (60mins) **Circuits** with Ruby Howse/Megan Martin S

## TUESDAY

- 8.15am (60mins) **Sun Practise Hatha Yoga** with Natasha King S
- 9.15am (60mins) **Intermediate Tennis Coaching** \*please see booking system to check time as this changes between term and holiday times\* with Rob Cook M
- 9.45am (60mins) **Vinyasa Yoga** with Jessica Wright S
- 11.15am (45mins) **All Style Dance Workout** with Natasha Burgess S
- 3pm (60mins) **Full-Body Workout** with Megan Martin S
- 5pm (60mins) **HIIT** with Ruby Howse/Megan Martin S
- 6.15pm (45mins) **Yogalates** with Lenka Koubek S

## WEDNESDAY

- 8am (60mins) **Pilates** with Megan Martin S
- 9.15am (60mins) **Pilates** with Megan Martin S
- 9.15am (60mins) **Beginners & Rusty Rackets Tennis Coaching** with Julie Williams M
- 10.30am (60mins) **Strength Conditioning (over 55s)** with Megan Martin M S
- 5.15pm (60mins) **Pilates** with Luke Doyle S
- 6.30pm (60mins) **Burn It** with Luke Doyle S

## THURSDAY

- 7.30am (60mins) **Energising Wake Up Yoga** with Jessica Wright S
- 9.15am (60mins) **Full-Body Workout** with Jessica Wright M S
- 10.30am (45mins) **Zumba** with Natasha Burgess S
- 11.30am (60mins) **Strength Conditioning (over 55s)** with Megan Martin M S
- 5.15pm (60mins) **Vinyasa Yoga** with Jessica Wright S
- 6.30pm (60mins) **Sweat** with Luke Doyle S

## FRIDAY

- 8am (60mins) **Feel-Good Friday Flow Yoga** with Jessica Wright M S
- 9.15am (60mins) **Feel-Good Friday Flow Yoga** with Jessica Wright M S
- ~~10.30am (60mins) **Gym Strength** with Megan Martin S~~
- 11.45am (60mins) **Strength Conditioning (over 55s)** with Megan Martin M S
- 6pm (60mins) **Breathwork** with Natasha King S

## SATURDAY

- 8am (45 mins) **Active Pilates (advanced)** with Anna Weller M S
- 9am (45 mins) **Pilates** with Anna Weller S
- 5pm (60mins) **Moon Practise Hatha Yoga** with Natasha King S

## SUNDAY

- 10.15am (60mins) **Yin Yoga** with Natasha King S

### KEY

- Members-only class M
- Class held in the studio S
- Class held in the gym S
- Class held on the tennis court T

# CLASS DESCRIPTIONS

**CHAIR YOGA** 🧘 Focuses on movement, meditation, breathwork and supporting the body while elongating muscles and easing tension. It is great for those who aren't able to sit down easily or have general mobility issues. Like traditional yoga, it promotes relaxation, reduces stress and improves mental clarity.

**YOGALATES** 🧘 Breathe deeply and find your inner glow at this invigorating fusion of yoga and Pilates. This dynamic-yet-soothing class awakens the mind, warms the body and lifts the spirit.

**PILATES** 🧘 Be kind to your body with this low impact, physical conditioning and wellbeing class for all levels.

**GYM STRENGTH** 🏋️ Aimed at those looking to build strength and confidence within the gym. Learn how to use the machines as well as free weights, pair exercises, how to structure workouts and the importance of rest between exercises. Strengthen the body and gain insight of how to use a gym independently.

**HATHA YOGA** 🧘 Balancing the lunar and solar within: asana and pranayama with the addition of bandha work cultivating inner fire. A practice to create stability, calm and presence. Culminates in meditation.

**CIRCUITS** 🏋️ A full-body workout using a combination of bodyweight and weighted exercises, you will utilise multiple muscles in this session building your lower body, upper body and core – adding in some cardio to give you a full-body conditioning session.

**HIIT** 🏋️ High-intensity interval training using a combination of bodyweight exercises and core work to push your heart rate, improve fitness and stamina levels, as well as building core strength.

**VINYASA YOGA** 🧘 A dynamic flow-style yoga class focusing on movement combined with breathing. Invigorates mind and body while improving strength, balance and flexibility.

**SUN PRACTISE HATHA YOGA** 🧘 Yoga practice to cultivate energy and create positivity. Uses asana and breathwork then culminates in meditation.

**MOON PRACTISE HATHA YOGA** 🧘 Leave worries and stresses behind using movement, breathwork and meditation. Reconnect with the body, calm the mind and feel more serene and stable.

**YIN YOGA** 🧘 A deeply nurturing practice using mostly floor-based asana. Positions are held for longer periods of time, using stillness and time to cultivate calm in body and mind. Ends with Yoga Nidra guided meditation. Bring props if you have them, though not essential.

**ENERGISING WAKE UP YOGA** 🧘 Energise, invigorate and prepare your body for the day ahead with this dynamic and fun vinyasa yoga class.

**FEEL-GOOD FRIDAY FLOW YOGA** 🧘 An uplifting vinyasa yoga class connecting you to your body and breath, while harnessing your inner energy, strength and wellbeing.

**FULL-BODY WORKOUT** 🏋️ Total-body workout class using a mixture of free weights and bodyweight exercises, developing muscular strength, endurance and cardiovascular fitness.

**ALL STYLE DANCE WORKOUT** 🕺 A multi-layered, multi-genre, music-driven dance fitness class. Consider it a cardio workout to some of your favourite tunes.

**STRENGTH CONDITIONING (FOR OVER 55S)** 🏋️ A class dedicated to those aged 55 or over, with a special emphasis on whole-body movement and strength exercises that imitate or replicate real life movements. Includes posture correction, balance and stability.

**INTERMEDIATE TENNIS COACHING** 🎾 Class for those who would consider themselves at intermediate level. You'll improve your technique and tactical awareness in a court with wonderful views. Sessions are led by Rob, who has over 13 years of coaching experience.

**BEGINNERS & RUSTY RACKETS TENNIS COACHING** 🎾 Class for complete beginners and those who haven't played in a while and looking to get back in the swing of it. Improve your technique and tactical awareness..

**ZUMBA** 🕺 Dance your way through the day with this cardio and Latin-inspired dance class which includes salsa, merengue, samba and more.

**ACTIVE PILATES (ADVANCED)** 🧘 A strong core workout, embedded in essential Pilates exercises, this class increases strength of upper and lower body and enhances deep core engagement. Also helps to develop lean muscle and bone tissue, to support the natural ageing process.

**BREATHWORK** 🧘 Learn to actively connect with your breathing, calm your nervous system, improve your physical and mental health and create a deeper sense of wellbeing.

**BURN IT** 🏋️ Use light weights to go through a full-body workout and feel the burn in a controlled environment.

**SWEAT** 🏋️ A high-intensity, bodyweight, full-body workout with different structures to keep things varied.

## KEY

### CARDIO



Aerobic exercise to increase your heart rate to burn fat, improve cardiovascular health and all-round fitness.

### STRENGTH + TONE



Increase muscle mass to burn fat and create a leaner physique, plus improve balance, build stronger bones and joint flexibility.

### FITNESS FOR FUN



Let go, smile, laugh and be silly with likeminded people while increasing your heart rate. A great practice to de-stress and improve your mood.

### SKILLS



Enhance mental cognition alongside fitness as you learn something new or hone your skills.

### MIND, BODY + SOUL



Nurture your entire being by relaxing, stretching and restoring.

source spa