



## MEMBERS CLASS TIMETABLE

### MONDAY

7.30am (45mins) Pilates with Natasha Burgess  
8.30am (45mins) Pilates with Natasha Burgess  
9.30am (60mins) Full Body Workout with Jessica Wright  
11.45am (60mins) Chair Yoga with Sian Marie  
5.15pm (60mins) Twilight Vinyasa Yoga with Lenka Koubek  
6.30pm (60mins) Yin Yang Restore with Lenka Koubek

### TUESDAY

8.15am (45mins) Sun Practise Vinyasa Yoga with Jessica Wright  
9.15am (60mins) Advanced Tennis Coaching with Rob Cook  
Please see booking system to check time as this changes between term and holiday times  
9.15am (45mins) Sun Practise Vinyasa Yoga with Jessica Wright  
11.15am (45mins) All Style Dance Workout with Natasha Burgess  
3pm (60mins) Full Body Workout with Megan Martin  
6.00pm (60mins) Twilight Vinyasa Yoga with Jessica Wright

### WEDNESDAY

8am (60mins) Pilates with Megan Martin  
9.15am (60mins) Pilates with Megan Martin  
9.15am (60mins) Intermediate Tennis Coaching with Georgie Loosemore  
10.15am (60mins) Beginners Tennis Coaching with Georgie Loosemore  
10.30am (60mins) Strength Conditioning (over 55's) with Megan Martin  
11.45am (60mins) Chair Yoga with Sian Marie  
5.15pm (60mins) Pilates with Luke Doyle  
6.30pm (60mins) Bootcamp with Luke Doyle

### THURSDAY

7.30am (60mins) Energising Wake Up Yoga with Luke Doyle  
9.15am (60mins) Full Body Workout with Luke Doyle  
10.30am (45mins) Zumba with Natasha Burgess  
11.30am (60mins) Strength Conditioning (over 55's) with Megan Martin  
5.15pm (60mins) Bootcamp with Luke Doyle  
6.30pm (60mins) Stretch & Release with Luke Doyle

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### FRIDAY

8am (60mins) Feel-Good Friday Flow Yoga with Lenka Koubek  
9.15am (60mins) Feel-Good Friday Flow Yoga with Lenka Koubek  
10.30am (60mins) Pilates with Megan Martin  
11.45am (60mins) Strength Conditioning (over 55's) with Megan Martin

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### SATURDAY

8am (45mins) Active Pilates (advanced) with Anna Weller  
9am (45mins) Pilates with Anna Weller  
5pm (60mins) Moon Practise Hatha Yoga with Jaycee May

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### SUNDAY

10.15am (60mins) Yin Yoga with Jaycee May  
11.30am (60mins) Breathwork with Jaycee May



Members-only class

Class held on the tennis court



source spa

# CLASS DESCRIPTIONS

**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.

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

**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.

**ADVANCED TENNIS COACHING**   A high tempo session in which Rob will refine technique and give players an opportunity to work on more advanced shots used in matchplay. The sessions will improve players' singles and doubles tactics with regards to positioning and shot selections. This session is suitable for players that are training at least twice a week and are involved in League matches. Maximum of 6 players per session and open to Members only.

**INTERMEDIATE TENNIS COACHING**   Suitable for players who have progressed from our beginners sessions or are coming back to the sport after a while out. Led by coach Georgie, players will improve basic techniques and consistency. Emphasis will be based on singles and doubles matchplay situations and tactical knowledge developed. Maximum of 8 players.

**BEGINNERS TENNIS COACHING**   The perfect introduction to tennis, allowing you to learn the basics techniques and game play in a fun and social environment. Led by coach Georgie who will help you gain confidence and skills through various tennis drills designed to enable players to enjoy the game and play socially. Maximum of 6 players.

**BOOTCAMP**   A full body workout for all abilities. Using a mixture of equipment, fun games and different structures to keep sessions fresh and exciting.

**STRETCH & RELEASE**   A flexibility based class with the intent to release tight muscles, improve mobility and get more flexible.

**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.

**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.

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

**SUN PRACTISE VINYASA YOGA**   An energising and uplifting morning Yoga class. Focusing on linking movement with breath in a dynamic and fun style, aiming to clear your mind and prepare you for the day ahead.

**TWILIGHT VINYASA YOGA**   Designed to release tension, this class combines fluid movement, energising sequences and mindful breathing to help you transition from daytime mode to evening relaxation. Expect a challenging flow that will invigorate your body and clear your mind.

**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.

**YIN YAN RESTORE YOGA**   A nurturing, transformative practise that blends gentle movement with deep stretching. 60 minutes of a harmonious journey from subtle flow to peaceful stillness, integrating breathwork and meditation. Perfect for those seeking balance and tranquillity at the end of a busy day.

**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.

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

**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.

## 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.

KEY

## 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**