

**Health and Fitness Timetable**

No group fitness classes from 23 December to 1 January Inclusive

**Studio 1 Group Fitness**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	<b>Metafit</b> <i>Kerrie-Anne</i>	<b>Body Pump</b> <i>Gabrielle</i>	<b>Circuit X-Change</b> <i>Gabrielle</i>	<b>Nitro</b> <i>Ben</i>	<b>Body Pump</b> <i>Gabrielle</i>	
8.30am						<b>Body Pump</b> <i>Sandy</i>
9.30am	<b>Body Pump</b> <i>Gabrielle</i>	<b>Boxing</b> <i>Julie R</i>	<b>Body Pump</b> <i>Gabrielle</i>	<b>Body Combat</b> <i>Mel</i>	<b>Body Pump</b> <i>Sandy</i>	<b>Body Combat</b> <i>Chantell</i>
10.30am	<b>Circuit X-Change</b> <i>Gabrielle</i>		<b>Body Combat</b> <i>Mel</i>	<b>Body Pump</b> <i>Gabrielle</i> *45min		<b>Pilates</b> <i>Michelle</i>
10.45am		<b>Zumba</b> <i>Ali</i>			<b>Zumba</b> <i>Ali</i>	
11am					<b>Young at Heart</b> <i>Patricia</i> ★	
11.30am	<b>Stretch N' Tone</b> <i>Kerrie-Anne</i>		<b>Yoga</b> <i>Diana</i>	<b>Pilates</b> <i>Michelle</i>		
5.30pm	<b>Freestyle Bar</b> <i>Kerrie-Anne</i>		<b>Combat</b> <i>Julie</i>	<b>Boxing</b> <i>Sandy</i>	<b>Zumba</b> <i>Ali</i> ★	
6pm		★ <b>Yoga</b> <i>Anna</i>				
		<b>HIIT Step</b> <i>Scott</i>				
6.30pm	<b>Body Combat</b> <i>Julie</i>	<b>Body Pump</b> <i>Scott</i>	<b>Body Pump</b> <i>Diana</i>	<b>Yoga</b> <i>Anna</i> ★		
				<b>Tabata</b> <i>Kerrie-Anne</i>		
7pm		★ <b>Yoga</b> <i>Anna</i>				
7.30pm	<b>Yoga</b> <i>Diana</i>	<b>Combat</b> <i>Chantell</i>	<b>Core &amp; Strengthening</b> <i>Diana</i>	<b>Pilates</b> <i>Michelle</i>		

\*Please note classes and instructors may change without notice.

\* Please note **tennis function room** ★

**Studio 2 Cycle Studio**

	Mon	Tues	Wed	Thurs	Fri	Sat
5.45am					<b>RPM</b> <i>Amanda</i>	
8.45am						<b>RPM</b> <i>Amanda</i>
9am	<b>RPM Express</b> <i>Julie R</i>				<b>RPM Express</b> <i>Sandy</i>	
9.30am		<b>SPIN</b> <i>Holly</i>	<b>RPM</b> <i>Julie R</i>	<b>RPM</b> <i>Julie R</i>		<b>RPM</b> <i>Sandy</i>
6.30pm	<b>SPIN</b> <i>Diana</i>	<b>RPM</b> <i>Sandy</i>				

## Studio 1

**Yoga:** 'Complete Mind-Body Conditioning'. This traditional class is designed to teach you Yoga postures with the correct breathing and stretching in meditative state, flowing sequences, leaving you revitalised and relaxed. So if you need to either de-stress or work on your balance and inner core strength, get your shoes off and try Yoga today! Suitable for all fitness levels.

**Pilates:** A system of controlled exercises that engage the mind and condition the total body. The strength and flexibility training helps to improve posture and reduce stress levels.

**Zumba®:** If you want to find your inner spark, get into Zumba® the hypnotic Latin rhythms and easy-to-follow moves create a fun one-of-a-kind fitness class where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - be warned it is addictive!

**Body Combat:** 'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and taekwondo with a focus on endurance training, strength and agility. Suitable for everyone!

**Body Pump:** 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance.

**Boxing:** This is the ultimate full-body workout! A boxing class combining aerobic fitness with co-ordination using focus mitts and partner exercises.

**Circuit X-Change:** 'Bring it on!' A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for all fitness levels.

**Core & Strengthening (30mins):** The ultimate all over body strengthening and conditioning class.

**METAFIT (30mins):** Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout

**HITT Step: (30mins):** Is a workout that keeps on working. A non-choreographed, bodyweight only HIIT workout incorporating a step.

**Nitro:** Get the muscle burn get out of the gym! The ultimate 45min, intense total body workout.

**Tabata:** Takes cardiovascular training to a new level. Based on high intensity interval training exercises for short intervals, this is the class if you want to get fit and stay fit.

**Stretch 'n' Tone:** Unwind and relax'. Allow your body to feel at ease with a gentle class designed to tone and relax your body. Suitable for all levels.

**Polarity (30mins):** See the results as you condition the abs, arms, legs and butt! Suitable for all fitness levels!

**Young at Heart:** A low impact / gentle exercise aerobics/aqua aerobics class for seniors over 50years.

## Studio 2

**RPM (45mins)/ RPM Express (30mins):** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, interval training and controlling the intensity of your workout with resistance dial and pedal speed.

**SPIN (45mins):** is a freestyle cycle class designed to test your fitness through mountain peak, speed work and interval training. Discover your athlete within.

## Etiquette

\*Please arrive on time, no admittance will be allowed after classes commence.

\*Class tickets will be issued by reception staff. please keep the ticket until it is requested by the instructor.

\* Please inform the instructor of any injuries, health problems, pregnancy or special needs.

\* Participants in Group Fitness and Spin classes must be 15 years or over,

\* All Fitness and Aqua Classes run for 55 minutes. Nitro and Spin run for 45 minutes.

\*Please be sure to bring a towel & water bottle

\* Online class booking is available to members.

\*Aqua participants need to be 12 years

\* No children/spectators are allowed in studios

**Sandcastle Crèche - Please note that Sandcastles Crèche is a peanut free zone.**

**Monday 8.45am -12.45pm and 5pm – 8pm**

**Tuesday, Wednesday, & Friday 8.45am -12pm**

**Thursday 8.45am -12.30pm**

**Saturday 8.15am – 11.45am**