

Studio 1 Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am				Nitro Amanda		
6am	Metafit Kerrie-Anne	Body Pump Gabrielle	Circuit X-Change Gabrielle		Body Pump Gabrielle	
8.30am						Body Pump Sandy
9.30am	Body Pump Gabrielle	Boxing Julie R	Body Pump Gabrielle	Body Combat Mel	Body Pump Sandy	Body Combat Mel/Julie
10.30am	Circuit X-Change Gabrielle		Body Combat Mel	Body Pump Gabrielle *45min		Pilates Michelle
10.45am		Zumba Ali			Zumba Ali	
11am					Young at Heart Patricia	
11.30am	Stretch N' Tone Kerrie-Anne		Yoga Diana	Pilates Michelle		
5.30pm	Freestyle Bar Kerrie-Anne		Combat Julie	Boxing Sandy	Zumba Ali	
6pm		Yoga Anna				
		HIIT Step Scott				
6.30pm	Body Combat Julie	Body Pump Scott	Body Pump Diana	Yoga Anna		
				Tabata Kerrie-Anne		
7pm		Yoga Anna				
7.30pm	Yoga Diana	Combat Chantell	Core & Strengthening Diana	Pilates Michelle		

*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					RPM Amanda	
8.45am						RPM Amanda
9am	RPM Express Julie R				RPM Express Sandy	
9.30am		SPIN Holly	RPM Julie R	RPM Julie R		RPM Sandy
6.30pm	SPIN Diana	RPM Sandy				

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