

Wellness Spa Fitness Timetable

Monday 8.00am – 7.00pm	Tuesday 8.00am – 7.00pm	Wednesday 8.00am – 7.00pm	Thursday 8.00am – 7.00pm	Friday 8.00am – 6.00pm	Saturday/Sunday 9.00am – 3.00pm
9:00 – 9:45am Balance and Core	9:00 – 9:45am COMING SOON Pilates with Pam	9:00 – 9:45am Dance Fit	9:00 – 9:45am Pilates		9:30 – 11:30am Table Tennis (unsupervised)
10:30am – 11:00am Kettlebell Fit	10:30am – 11:00am Studio circuits	10:00 – 10:45am Aqua		10:00 – 10:45am Mobility Flow	
		11.00 – 11.45am Beginner Table Tennis with Nicole	11.00 – 11.30am Studio circuits		12:30 – 2:30pm Table Tennis (unsupervised)
2:00 – 2:30pm Seated Exercise	2:00 – 2:30pm Seated Exercise	2:00 – 2:45pm Take a Hike With Nicole Coming Soon	2:00 – 2:30pm Seated Exercise		
	3:30 – 5:30pm Table Tennis (unsupervised)		3:30 – 5:30pm Table Tennis (unsupervised)		
3:00 – 4:00pm COMING SOON Care floor	3:00 – 4:00pm Care floor	3:00 – 4:00pm Care floor	3:00 – 4:00pm COMING SOON Care floor		
	5:00 – 5:45pm Aqua				

Class descriptions

Studio circuits: The focus of this class is to increase Strength in both the upper and lower body. This is a circuit style session and will incorporate both body exercise alongside some weighted exercises.

Aqua: This is a fun low impact class that is taught to music in the pool, it is great for improving cardiovascular conditioning.

Kettlebell Fit: This class is all about strengthening the lower back and the core using functional strength movements.

Mobility Flow: This is a ground/floor-based exercise that focuses on joint mobility and muscle flexibility. The class will follow the instructor's movements and each movement will flow into the next, the pace and difficulty level of the class will be set by the participants.

Seated Strength: This Class Focuses on Strength and mobility using mostly bodyweight exercises – all done while seated.

Outdoor keep fit: Traditional fun fitness class that really does cover all the bases, strength, balance, and core stability. Incorporating exercises like step ups and equipment such as resistance bands.

Balance/Core circuits: This class is design improve balance and core strength and stability. This is a circuit style class and will involve standing balance exercise and floor-based core exercises.

Whilst Covid restriction remain in place all classes will be held following the current social distancing guidelines. All participants will be issued with the equipment required for the class, there will be no sharing of equipment to avoid cross contamination. At the end of the session the instructor will sanitise all equipment used during the session.