

Fitness Class Timetable

Monday 8am – 7pm	Tuesday 8am – 8pm	Wednesday 8am - 9pm	Thursday 8am - 8pm	Friday 8am – 6pm	Saturday 9am – 5pm
9:00am -9:45am Yoga (Starting 3rd June) 9:45am – 10:15am Aqua stretch 11:15am-11:45am Care floor class (mulberry) 11:30am- 12:30pm PRIVATE BOOKING MS GROUP -SWIMMING POOL	9:00am – 9:45am Pure Stretch 10am – 10:30am TAI CHI Seated 10:45am – 11:30am TAI CHI Standing	10:00am-10:30am Aqua Intense 11:00 am -11:30am Dance Fit 11:30am-12:15pm Pilates	9:15am – 10:00am TAI CHI Standing 10:45am-11:30am Aerobics 12:00pm-12:30pm TAI CHI Seated	10:30am -11:00am Falls Prevention 11:15am- 11:45am Care floor class (mulberry) 11:30am-12:15pm Legs, Bums and Tums	9:45am – 10:15 am Zumba Gold 10:30am – 11:00am Aqua Aerobics
1:30pm – 2:15pm TAI CHI Standing	3:00pm – 3:45pm Pilates	1:00pm – 1:30pm Falls Prevention	1:00pm-1:30pm Zumba Gold	2:00pm – 2:30pm Seated Exercise (care floor willow)	
2pm – 2:30pm Care floor class (willow) 2:15pm – 2:45pm TAI CHI Seated	4:30pm-5:15pm Power Pump	4:00pm – 4:45pm Yoga	2:15pm – 2:45pm Pilates	2:30pm – 3:00pm Pure stretch 3:00pm – 3:30pm Aqua Aerobics	
3:30pm – 4:30pm RESIDENTS ONLY SWIM	3:30pm – 4:30pm RESIDENTS ONLY SWIM	3:30pm – 4:30pm RESIDENTS ONLY SWIM	3:30pm – 4:30pm RESIDENTS ONLY SWIM	3:30pm – 4:30pm RESIDENTS ONLY SWIM	Sunday 9am – 5pm
4:00pm – 4:30pm Dance Fit 4:30pm – 5:15pm Yoga 5:15pm – 6:00pm Power Pump	5:30pm – 6:15pm Aqua Aerobics 6:30pm – 7:15pm Legs, Bums and Tums	5:00pm-5:30pm Pure Stretch 6:00pm – 6:30pm Rachele’s mash up class	4:30pm – 5:15pm Yoga 5:30pm – 6:15pm Aqua Fit	4:45pm – 5:30pm Power Pump	1:45pm – 2:45pm Grand Children Swim for Members and Residents

Booking is essential for all classes, please book at the spa reception once the class has finished

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Class guide

Aerobics – Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving fitness.

Pure stretch – This class is great for everyone of all abilities using floor exercises to help improve posture, balance and breathing technics. This class is very similar to yoga and Pilates.

Legs, Bums and Tums – This class is a full body aerobic workout, which works on toning your thighs, bum and stomach. Great if you are looking to lose weight.

Falls prevention – This class is design to help you with day to day living, the class involves exercise on the chair that will help your balance and motility.

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