

THE RETREAT CLASS TIMETABLE

	MON 24TH DEC	TUES 25TH DEC	WED 26TH DEC	THURS 27TH DEC	FRI 28TH DEC	SAT 29TH DEC	SUN 30TH DEC
MORNING	09:30-10:15 KEISER CYCLING <i>Spin Studio</i>	CHRISTMAS DAY	BOXING DAY	09:30-10:30 LEGS, BUMS & TUMS <i>Studio 1</i>	09:15-10:00 KEISER CYCLING <i>Spin Studio</i>	08:30 - 09:15 KEISER CYCLING <i>Spin Studio</i>	09:00 - 10:15 POWER YOGA <i>Studio 1</i>
	09:30-10:30 BODY PUMP <i>Studio 1</i>			10:30-11:15 KEISER CYCLING <i>Spin Studio</i>	10:00 - 11:00 CIRCUITS <i>Studio 1</i>	09:30-10:30 KETTLEBELLS <i>Studio 1</i>	
	10:30: 11:30 PILATES <i>Studio 1</i>						
AFTERNOON							
EVENING				18:30-19:00 KETTLEBELLS <i>Gym</i>			
				19:00-20:00 HIIT <i>Studio 1</i>			

To book any class please ask at reception or call 01322 522209

THE RETREAT CLASS DESCRIPTIONS

AQUA

With aerobics, toning and aqua circuit, it's a total body workout for the pool. This session is great if you want the workout without the impact. Appropriate swim gear required.

BOXING FITNESS

A non-contact boxing class combining traditional boxing techniques with circuit based exercises creating a fun full body workout for all levels of fitness.

KETTLEBELLS

Kettlebells uses light weights and will work every single muscle in your body to ensure you melt away fat, tone up, improve core stability and dramatically improve endurance. Please speak to your instructor to see if this class is suitable for you.

INTRO INTO PILATES

Learning the benefits of Breathing in Pilates Movement. The class will help develop a strong inner core while sculpting long lean muscles. Perfect for a new Pilates student.

INTRO TO HATHA YOGA

For the complete beginner. An introduction to yoga practice that will inspire you to sustain a regular yoga class

BODY BALANCE

This is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength. Controlled breathing and a series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

CIRCUITS

The studio is set up with various exercise stations, you'll move around each station and work-out different muscle groups. You'll test both your cardio and strength for an all-round challenge. Suitable for all levels you'll work at your own individual pace.

LEGS, BUMS & TUMS

This class is a mixture of cardiovascular movements and endurance exercises which will increase body strength, posture and shape.

PILATES

This is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

HATHA YOGA

Traditional Hatha yoga is the foundation for all other yoga practices. It is a physical and spiritual discipline which aims to bring the mind and body into balance. It is usually well-suited for beginners, anyone with mobility issues, seniors, pregnant women.

BODY COMBAT

This is a Les Mills choreographed exercise to music. Inspired by martial arts drawing from an array of disciplines such as boxing and Tai Chi. Body Combat reduces stress whilst encouraging self confidence. This is a mixed ability class.

CORE YOGA

Discover the importance of correct alignment by consciously strengthening and stretching muscles associated with imbalances, a great class to compliment your regular fitness program.

MY RIDE

Our group cycling program takes great influences from actual outdoor cycling. My Rides are high energy, calorie burning, indoor cycling classes suited for mixed fitness abilities.

WATERWORKS

WaterWorks is an effective workout where you are immersed in a fun environment and can choose your intensity level. Splash your way to a better body improving your cardio fitness and agility. Swim suits are required. Appropriate swim gear required.

POWER YOGA

Power yoga is a very active and athletic yoga form. It consists of many of the Ashtanga poses and includes additional strength moves and core work. This is a very challenging class and not suitable for: the beginner, those with limited mobility.

BODY PUMP

This is a Les Mills choreographed exercise to music. High repetition weight training and aerobic conditioning will tone your body, help you lose weight and will change your body shape. Please speak to the instructor if you are unsure if this is the class for you.

HIIT

High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. It also improves the ability of the muscles to burn fat.

MY VIRTUAL RIDE

This is a virtual spin class (no instructor) where the My Ride Console will have a virtual instructor guide you through a visual workout displayed on our Virtual Screen.

YOGA

Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress.

ZUMBA®

Get involved in the biggest fitness craze of the decade - Zumba®. It's perfect for everybody and is designed to bring people together. It's fused with Latin and World rhythms, mixed with low and high intensity dance moves and a super fun way to burn calories.

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