

# class timetable

at the Thorpe Park Hotel & Spa



## Monday

Time	Class	Instructor
9.15am – 10.30am	● Aerobics	Linda
10.30am – 11.30am	● Yoga	Michelle
1.30pm – 2.15pm	● Aqua	Paula
5.30pm – 6.00pm	● Abs Blast	Richard
6.00pm – 6.45pm	● Spin	Richard
6.45pm – 7.45pm	● Boxercise	Spa Team
7.45pm – 8.45pm	● Pilates	Paula

## Tuesday

Time	Class	Instructor
9.30am – 10.30am	● Step	Martin
10.30am – 11.30am	● Aerobic Vive	Paula
6.00pm – 7.00pm	● Body Blast	Emma
7.45pm – 8.30pm	● Pump fx	Emma

## Wednesday

Time	Class	Instructor
9.30am – 10.30am	● Best of Three	Chris
10.30am – 11.30am	● Core Balance	Chris
1.30pm – 2.15pm	● Aqua	Chris
5.45pm – 6.45pm	● Spinning	Kelly
6.45pm – 7.45pm	● Aerobics	Martin
7.30pm – 8.15pm	● Aqua	Paula

## Thursday

Time	Class	Instructor
9.30am – 11.00am	● 30,30,30	Emma
6.00pm – 7.00pm	● Circuits	Emma
7.00pm – 8.00pm	● Pump FX	Emma

## Friday

Time	Class	Instructor
9.30am – 10.30am	● Groove fx	Emma
10.30am – 11.30am	● L,B,T	Emma
6.00pm – 7.00pm	● Pilates	Melanie
7.00pm – 8.00pm	● Spinning	Kylie

## Saturday & Sunday

Time	Class	Instructor
9.15am – 10.15am	● Pump fx	Sylvia
10.30am – 11.30am	● Spinning	Spa Team
11.45am – 12.15pm	● Abs Blast	Spa Team
Sunday	Class	Instructor
10.30am – 11.30am	● 20,20,20 Circuits	Richard
11.30am – 12.15pm	● Spinning	Richard

### Class booking procedure

To ensure your place on any of our classes it is advised that you book in advance. Classes can be booked up to 8 days in advance at reception or over the phone and are limited to two bookings per person. If the class is full you will be informed and placed on a reserved list if you wish.

If after booking you find that you cannot attend please inform us so we can let the place be filled, this can be done up to an hour prior to the class starting. Failure to attend without cancellation may result in any future booking being unavailable.

### Studio guidelines

- Please arrive in good time prior to the class start time.
- Late attendees may not enter the class in order to minimise disruption and avoid injury.
- Members guests may book classes on the day if places are available.
- Non - marking soles will be required in the exercise studio.
- Drinks may only be taken into the studio in plastic containers.
- Classes may have alternative instruction to that advertised and reserve the right to change the instructor at any point.
- Please enjoy and use the classes and please have fun!



## What's it all about?

### Red - Heart & lungs

#### Work up a sweat and feel energised

**Groove fx** - this is a salubrious selection of club, disco, latin and hip hop routines set to a melodic mix of hands-in-the-air ear candy. These dance based exercise routines are designed to burn fat, improve fitness and above all, be fun!

**Aqua** – A well balanced aerobic & muscle, strength & endurance class. With the joints supported by the water & use of woggles & weights, the intensity level is up to you. You'll be sure to burn calories & have fun at the same time!

**Spin** – an indoor cycling programme that will increase lower body strength & endurance. There are no complicated moves to learn, just simply cycle your way to a stronger, leaner body.

**Boxercise** - Using the principles of boxing this class will tone and strengthen the upper body working on co-ordination & pad working drills. This is a contact based class using pads and gloves.

**Aerobic Vive** – This class will take you back to some classic old tunes with easy to follow choreography & fun moves. Come and join in and be left feeling fizzing with energy!

**Total Body** – With a variety of aerobic style combinations, this class is energetic & enjoyable. Excellent cardiovascular & full body toning workout.

**Step** - Step your way to a high energy, low impact cardiovascular workout. This is a fast & fun way to burn calories, while sculpting your legs & toning your entire lower body.

**Body Blast** - A combat style class which combines moves from a range of self defence disciplines like taekwondo, boxing and karate in to an energetic routine, raising fitness levels while reducing fat.

**Dancercise** - With a combination of different dance styles and aerobic moves, dance your way to fitness! Great way to keep fit, burn calories, and improve mobility throughout the body.

**Best Of Three** - Total body workout, split into 3 sections. Burn fat, build strength and improve cardio fitness.

**20,20,20 Circuits** - Experience a combination of three exercise routines in the hour! This class will leave you feeling fit and strong!

**Aerobics** - Simple and athletic. With a combination of classic aerobic moves, you'll raise your heart rate and feel the calories burn!

Finishing the workout with a top to toe stretch, you'll leave the class feeling invigorated and relaxed.

**30,30,30** - Enjoy this combination class with the option to leave after the first hour! Experience a cardio, muscle strength and tone workout with light relaxation stretches to finish, all rolled into one!

### Blue - Mind & body

#### Relax, unwind and switch off.

**Core Balance** – this is a gentle but powerful approach to achieving optimal strength, flexibility, stamina & relaxation while targeting those deep postural muscles.

**Pilates** - A gentle yet powerful approach to achieving optimal strength, flexibility and relaxation, while targeting those deep postural muscles. This is an excellent exercise regime for anyone with back problems.

### Green - Strength & tone

#### Change your body shape , look and feel better.

**Pump fx** – Featuring the biggest muscle mash routines and set to some truly floor shaking tracks, pump fx raises the bar (literally!) when it comes to resistance training programme perfection in the studio. Be warned.... This will change your body shape!

**Legs, bums & tums** – This is a lower body toning class that will focus on the legs, bums & tums and help tighten and tone those problem areas.