

Class Description

BODY ATTACK

A cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises.

BODY COMBAT

Combines moves and stances from a range of self defence disciplines like karate, boxing and taekwondo into an energetic routine.

BODY BALANCE

Is a revolution in mind –body training that leaves you feeling relaxed and renewed & combines the best of eastern disciplines like Yoga, Pilates and Tai chi.

BODY PUMP

A 45-60 minute class using barbells and adjustable weights to tone and condition muscles whilst raising metabolic rate for rapid fat burning.

VIBE CYCLE

A Freestyle class set to the latest chart-topping tunes, Vibe cycle is fun athletic, cardiovascular workout that guarantees to leave you on a high. Classes consist of hill climbs, flats sprints and races.

BOXERCISE

This class uses boxing strikes on the pads with simple to follow combinations using speed power and control, with elements of skipping and cycling, push- ups and abdominal work a great all over body workout.

CIRCUIT

A class which incorporates a mixture of aerobic and resistance training.

STEP

A more choreographed workout using the step to tone your butt and thighs.

AEROBICS

Basic movement patterns suitable for beginners, to burn fat and condition.

BODY CONDITIONING

A full body toning class using anything from dumbbells, resistance bands, steps and floor exercises to target deep into those muscles.

YOGA

Physical and mental exercises improving posture strength and flexibility.

PILATES

Slow and controlled movements to work deep core and lower back muscles excellent for improving posture.

SPIN

A fun Cardiovascular and lower body workout on stationary bikes with a fantastic atmosphere. Just what you need if you lack motivation!

ABS AND BACK TRAINING

Tone and strengthen your abs and back.

CHI BALL

A holistic fitness class designed to tone and renew body.

LBT

A fun toning class focusing on Legs, Bums and Tums.

AQUA

A class combining low impact aerobic and toning moves in the pool.

KIDS CLASSES/TEAM COMBAT/TEAM ENERGY

A fitness class for the under 16's to ensure good basic level of fitness, class content will vary due to fitness levels and age.

Team combat – 9 – 16yrs

Team energy – 5 – 11yrs

Please ensure each child is signed in and out of every session by parent or guardian. Children will not be permitted entry without parent/guardian signing them in.

DANCE

We have a variety of dance classes which incorporates a fusion of dance styles from cardio salsa to line dancing and our new addition strictly ballroom – no partner required. Let your instructor guide you through the latest moves. See instructors for more info.

HEALTHY CHOICES

These classes are suitable for a beginner or a new member of the club. The classes allow you to try out a few of our popular classes. Look out for the healthy choices logo.

Class Etiquette

- 1) Please ensure you are booked into each class you intend on participating in as numbers are limited. This also allows us to contact you if there is any change.
- 2) Please inform reception if you are booked into a class and cannot attend. They will then be able to allocate your place for another member.
- 3) Please inform the instructor of any medical conditions prior to the start of the class.
- 4) Ensure you arrive 5 minutes prior to the commencement of the class to set up equipment etc.
- 5) Please wear light comfortable clothing for a class, no heeled shoes in the studios.

Reminders

- 1) All classes are subject to change (All new classes will run for a trial 8 week period)
- 2) For junior classes please adhere to the age guidelines.
- 3) All parents/ guardians must remain on site whilst junior classes are taking place.
- 4) If an instructor is ill or on holiday cover instructors will be used, in this instance there may be a slight change to the class to ensure it still goes ahead.
- 5) Please respect our cover instructors who often put themselves out at short notice to ensure a class goes ahead.
- 6) If you are unsure about whether a class is suitable for yourself please speak to one of the group fitness instructors who will be happy to recommend a class for you.
- 7) Always remember to work at your own level in a class, take an easier option if necessary.
- 8) Look out on notice boards for any changes or special Master Class days you may want to take part in.



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STRETCH OUT,
chill out



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and leisure club with
something for everyone.



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Studio Timetable

The timetable has a mix of simple and choreographed classes aimed at different fitness levels and abilities, something to suit everyone. If you are unsure about a particular class speak to an instructor who will be happy to recommend different classes for your level.

Timetable is running from Monday 17th may to September 2010.

Monday

Time	Class	Studio
9.30-10.15	Spin	2
9.30-10.15	Aerobics	1
10.30-11.25	Dance Workout	1
10.30-11.15	Aqua Fit	Pool
11.30-12.30	Body Conditioning	1
5.00-5.45	BodyPump	1
6.00-6.55	Body Conditioning	1
6.00-6.45	Spin	2
6.45-7.30	Spin	2
7.00-7.55	Pilates	1
8.00-9.30	Yoga	1

Tuesday

Time	Class	Studio
9.00-9.55	Body Conditioning	1
10.00-10.55	Body Conditioning	2
10.00-10.45	Spin	2
11.15-12.10	Chi Ball	1
11.00-11.45	Aqua Fit	Pool
12.30-2.00	Gentle Yoga	1
5.15-6.00	Spin	2
5.15-6.00	Aerobics	1
6.00-7.00	BodyPump	1
6.15-7.00	Spin	2
7.10-8.10	Body Combat	1
8.15-9.15	Body Balance	2

For further details about any of our studio classes, please speak to a member of our leisure team.

Wednesday

Time	Class	Studio
9.30-10.15	Step	1
9.30-10.15	Spin	2
10.15-11.00	LBT	1
11.00-11.45	Aqua Fit	POOL
5.30-6.15	Body Combat	1
6.15-7.00	RPM Spin	2
6.15-7.00	Body Conditioning	1
7.00-8.00	Boxercise	1
7.15-8.15	Running Club	Outside
8.00-9.00	Yoga	1

Thursday

Time	Class	Studio
9.30-10.15	Spin	2
9.30-10.25	Body Pump	1
10.30-11.15	Aerobics	1
10.15-11.00	Aqua Fit	POOL
11.30-12.25	Chi Ball	1
12.30-1.15	Strictly Ballroom	1
1.15-2.00	Line Dancing	1
5.30-6.15	Body Attack	1
6.15-7.15	Body Pump	1
6.15-7.00	Spin	2
7.30-8.30	Circuits	1

Friday

Time	Class	Studio
7.00-8.00	BodyPump	1
9.00-9.15	Abs and Back Training	1
9.30-10.15	Pilates	1
9.30-10.15	Spin	2
10.30-11.25	Body Conditioning	1
10.30-11.15	Aqua Fit	POOL
11.30-12.30	Body Conditioning	1
1.30-2.30	Chi Ball	1
3.00-5.00	Table Tennis Open Games	1
6.00-7.00	Body Conditioning	1
7.00-9.00	Table Tennis Open Games	1
7.00-8.00	RUNNING CLUB	Outside

Saturday

Time	Class	Studio
9.30-10.30	Body Attack	1
9.30-10.15	Spin	2
10.30-11.30	Step	2
11.30-12.15	Body Conditioning	1
12.30-1.15	Spin	2
12.30-1.15	Pilates	1
5.30-6.30	Yoga	1

Sunday

Time	Class	Studio
10.15-11.00	Spin	2
11.00-12.00	Body Pump	1
12.15-1.15	BodyBalance	1
5.00-6.00	Circuit	1
6.00-7.00	Boxercise	1

TRY SOMETHING NEW

NOT SURE OF WHICH CLASS TO GO TO? TRY THESE FOR SOMETHING NEW!

THESE CLASSES ARE IN THE RED BECAUSE WE HAVE A LOW RECORD OF ATTENDANCE. IF YOU DO GO, PLEASE ENSURE YOU BOOK ON. SO WE CAN RETAIN CORRECT OCCUPANCY.

Check out our NEW separate children's timetable available at reception.

