

# Welcombe Spa Class Timetable 2012

Area	Morning											
	8.45am	9.15am	9.30am	9.45am	10am	10.15am	10.30am	10.45am	11am	11.15am	11.30am	11.45am
Pool												
Studio			PILATES - HAZEL									
Pool			AQUA TONE - HAZEL									
Studio							ZUMBA! - FERN					
Pool							AQUA TONE - HAZEL					
Studio		Midweek Shape Up - Circuits					Power Plate - Core Stability					
Pool									AQUA TONE - HAZEL			
Studio												
Pool												
Studio	Friday Body Blitz - Circuits			POWER CHI YOGA - HAZEL					Power Plate - Cardio Blitz			
Pool												
Studio		BODY SCULPT - HAZEL										
Pool												
Studio												
Area	Afternoon					Evening						
	12.45pm	1pm	1.30pm	2pm	2.30pm	6pm	6.15pm	6.30pm	6.45pm	7pm	7.15pm	8.15pm
Pool						AQUA TONE - FERN						
Studio							Monday Night Pump Up - Circuits					
Pool												
Studio												
Pool												
Studio							BODY CONDITIONING - HAZEL					
Pool												
Studio								ZUMBA! - FERN				
Pool												
Studio												
Pool												
Studio												
Pool												
Studio												

# **Class Description**

## **Circuits**

An energetic class consisting of a number of stations with timed exercises. It consists of aerobic and strength exercises and lots of motivation from the instructor.

## **Pilates**

A gentle workout for improving flexibility and posture by concentrating on slow and measured movements. This will help to create lean and strong muscles.

## **Aqua Tone**

This class consists of low impact cardiovascular work and toning using the water for resistance and lots of fun. With the aid of floats and hand mitts to give you even more of a workout.

## **Body Conditioning**

We will help you to strengthen and tone up with this all over body workout. People of all abilities can participate in this class. This is a mixture of aerobic and strength exercises performed to music.

## **Core Stability**

Strengthen your core muscles with this class. It concentrates on your abdominal muscles and lower back using an inflatable ball. Helps with your balance and stability.

## **Yoga**

A combination of breathing and stretching exercises which will help to improve your flexibility and posture and a feeling of relaxation.

## **Power Chi Yoga**

A fusion of Tai Chi and Yoga. Mild exercise programme designed to raise energy and concentration levels while reducing stress and tension. A sequence of dance like movements to music which blend the grace of power and effectiveness of Tai Chi with the stretching , posture and breathing exercises of yoga. Chi-Yoga is a mind and body workout.

## **Stretch & Relax**

Increase flexibility and develop your range of movement

Please book classes at reception a maximum of 3 days in advance. 3 or more participants are required for a class to take place.