



## Welcombe Spa Class Timetable

### Issue 14

Day	Class	Instructor
<b>Monday</b>		
9.30am-10.30am	Pilates	Hazel
10.30am-11.20am	Stretch & Relax	Hazel
6.15pm-7.15pm	Circuits	Fitness Instructor
<b>Tuesday</b>		
9.30am-10.00am	Fab Abs	Fitness Instructor
11am-11.45am	Aqua Tone	Ellie
6pm-6.45pm	Aqua Tone	Ellie
<b>Wednesday</b>		
9.15am-10.15am	Circuits	Fitness Instructor
10.30am-11.15am	Aqua	Ellie
1.30pm-2.00pm	Fab Abs	Fitness Instructor
6.15pm-7.15pm	Body Conditioning	Hazel
7.15-8.15pm	Pilates	Hazel
<b>Thursday</b>		
10am-10.45am	Aqua Tone	Ellie
6pm-7pm	Body Conditioning	Hazel
<b>Friday</b>		
8.45am-9.45am	Circuits	Fitness Instructor
9.45am-10.45am	Power Chi Yoga	Hazel
1pm-2pm	Circuits	Fitness Instructor
6.15pm-7.15pm	Circuits	Fitness Instructor
<b>Saturday</b>		
9.15am-10.15am	Body Sculpt	Hazel
1.30pm-2.30pm	Circuits	Fitness Instructor
<b>Sunday</b>		
11am-12.30pm	Yoga	Alan
1.30pm-2.30pm	Circuits	Fitness Instructor

## 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.
- Fab Abs** You will work towards a firmer and stronger body dedicated to toning your stomach by doing a range of abdominal and back endurance exercises.
- 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.