

OLD HALL

COUNTRY CLUB & SPA

GROUP FITNESS SCHEDULE

September 2019

MONDAY		
06:45 - 07:15	HIIT & ABS**	Gym Team
09:30-10.30	PUMP	Steve
10:30-11:30	LONG & LEAN	Jean
11:30-12:30	NIA	Becky B
13:00-13:45	SPIN	Becky
18:00-19:00	PUMP	Steve
19:05-19.50	BLITZ	Jo R
20:00-21.00	SYNERGY	Jo R
TUESDAY		
06:45 - 07:30	RIDE	Pierre
09:30-10.00	SPIN	Anne-Marie
10:00-10:30	SCULPT	Anne-Marie
10:30 - 11:15	MBV2	Pierre
11:30-12:30	SYNERGY	Jo R
12:45-13:30	ZUMBA TONE	Helen
18:00-18:45	HYDROFIT	Gym Team
18:00-18:45	SPIN	Sharon
19:15-20:00	BOXERCISE	Gaz T
WEDNESDAY		
06:45-07:30	PUMP	Tracey
09:30-10:15	STEP 'n' TONE	Anne-Marie
10:30-11:30	SYNERGY	Jacqui
11:30-12:15	AQUA FIT	Gym Team
12:30-13:30	PILATES	Carly
18:15 -18:55	CORE CONTROL	Gaz T
19:00-19:45	SPIN	Gaz H
19:45-20:30	ADRENALIZE	Steve

THURSDAY		
06:45 - 07:15	HIIT & ABS**	Gym Team
09:30-10:15	SPIN	Becky
10:15-11:00	PUMP	Tracey
11:15-12:00	ZUMBA	Carly
12:30-13:30	HATHA YOGA	Jo S
18:30-19:15	MAC ATTACK	James
19:30-20:30	YOGA FLOW	Emma
FRIDAY		
06:45 - 07:30	CIRCUITS	Gym Team**
09:30-10:15	CARDIO COMBO	Anne-Marie
10:30-11:30	STEP GROOVE	Pierre
11:00-11:45	AQUA FIT	Gym Team
12:00-13:00	GENTLE YOGA	Emma
13:15-14:00	POSTURE PILATES	Carly
18:00-19:00	RIDE & ABS	Pierre
SATURDAY		
09:30-10:30	PUMP	Izzy
10:45-11:15	SPIN EXPRESS	Steve
11:15 - 11:45	AB BLAST	Steve
SUNDAY		
10:00-10:45	HIIT ZONE	Anne-Marie
11:00-11:45	TONE ZONE	Anne-Marie

** SUBJECT TO GYM STAFF AVAILABILITY

- As our classes here at Old Hall are so popular we ask that you book a place. This can be done 6 days in advance or for just £1 you can secure a place 7 days in advance (fee directly payable to reception at time of booking)
- If you cannot make a class it is very important that you let us know as soon as possible so that we can allocate your place to somebody on the reserve list.
- Finally, please arrive promptly for your class, your place may be given up if you are not here on time.

Class Descriptions

Ab Blast: A short and intense blast of abdominal exercises to strengthen, tighten and one your tummy.

Adrenalize: Using HIIT (High Intensity Interval Training) Steve will put you through your paces. Minimal or no equipment, push your body to its limits in this fantastic calorie blasting, fun tabata style workout.

Aqua Fit: A low/non impact water workout. Suitable for all levels, and great for those with injuries, limited mobility or new to fitness classes.

Boxercise: A class that packs a punch! Boxing training & circuit training combine to give you a fantastic calorie burning session (some contact pad work involved)

Blitz—interval based training. Jo will put you through your paces. Minimal to no equipment, strengthen your whole body and torch calories using heart raising, functional and compound exercises.

Cardio Combo: A new challenge every week! Cardio fitness at its best with a mix of spin, step, aerobics and much more to get the heart racing.

Hiit&Abs: A 20min express session taken by the gym team, never the same instructor, never the same workout but guaranteed to set you up for the day with high energy moves and lots of abdominal work. (please note; no need to book but class is subject to gym staff availability and may, from time to time, be unavailable.

Hiit Zone: Maximum Intensity Interval Training with Anne-Marie. Not for the faint hearted but a sure fire way to burn MAX calories.

Hydro Fit: A non impact water workout but by no means an easy one. Fab for those who want to work hard without putting pressure on their joints, class may involve deep water exercises.

MBV2: An Old Hall exclusive. A specially designed high intensity interval training session. Push yourself to the MAX.

MA: Music, Movement, Magic. Dance in bare feet to great music. 52 moves and 9 movement forms which you gradually learn in your own time.

Pump: An all over body conditioning workout. Using a barbell, dumbbells and high repetition sets to strengthen and tone all muscle groups. A real challenge and a fab addition to your cardio routine!

Pilates: Fundamental for core stability, balance, strength and great posture. This class is non-impact and should be part of everyone's exercise routine.

Yoga Flow: Dynamic Vinyasa style Yoga class targeting the key core stability muscles strengthening your whole body encouraging a stronger posture and stability.

Long & Lean: A blend of strengthening and stretching exercises using moves based on the principles of Pilates and Yoga. Improve posture, mobility and core stability.

Ride: Created in the heart of boutique fitness, using the finest club tunes and the most effective cycle techniques. Cycling with Pierre... a whole new experience!

Spin: A fun and energy packed group cycling class. You'll sprint, hill climb and race your way to fitness in this class. (class content and music varies with instructor) (extreme spin, shorter class but higher intensity)

Step and Tone: Step aerobics teamed with body conditioning to strengthen your legs and improve cardiovascular fitness.

Step Groove: Bringing you the best of Step and Dance with our very own Pierre Pozzto. A funky, sassy step class that is guaranteed to get your heart rate up and bring a huge smile to your face.

Synergy: A holistic combination of Tai chi, Yoga and Pilates. Lengthen your muscles, strengthen your core and centre your mind. Fantastic to strengthen and stretch tired, stiff muscles. Synergy light is just a slightly gentler version of the same class.

Tone Zone: Nothing but conditioning here! Weights, strength moves and Pilates combined make this a MUST on your fitness list.

Hatha Yoga: Stretch and relax. The ancient art of Yoga will mobilise, stretch and relax the body. Perfect after a tough day.

Zumba: The Party Class!! Salsa, merengue and cha cha cha your way to a fitter, slimmer you and have a ball doing it! (Zumba Tone – All the fun with the added bonus of toning)

To book your space please call reception on:

01244 311593

OLD HALL
COUNTRY CLUB & SPA

GROUP FITNESS SCHEDULE