

THE FITNESS CLUB

HILLGROVE HOTEL

AUTUMN TIMETABLE

NEW OPENING HOURS

MONDAY - THURSDAY | 6.30AM-9.30PM

FRIDAY | 7.00AM-8.00PM

SATURDAY & SUNDAY | 8.00AM-7.00PM

MONDAY

AQUA FIT & TONE	09:15AM - 09:55AM
BEGINNER COUCH TO 5KM	10:00AM - 10:45AM
LUNCH CIRCUIT	01:15PM - 01:45PM
LEARN TO LIFT	06:00PM - 09:00PM
BEGIN TO BOX	06:00PM - 06:45PM
SPIN	07:00PM - 07:30PM
YOGA	07:00PM - 08:00PM
CIRCUITS	08:00PM - 08:45PM

TUESDAY

BOOTCAMP	06:30AM - 07:15AM
BODY SCULPT	09:30AM - 10:15AM
LUNCH CIRCUIT	01:15PM - 01:45PM
AMRAP WORKOUT	06:00PM - 06:45PM
SPIN	07:00PM - 07:45PM
AQUA FIT & TONE	08:00PM - 08:45PM

WEDNESDAY

BOOTCAMP	06:30AM - 07:15AM
AMRAP WORKOUT	09:15AM - 09:55AM
AQUA FIT & TONE	10:00AM - 10:45AM
LEARN TO LIFT	01:30PM - 02:30PM
CIRCUITS	06:00PM - 06:45PM
YOGA	07:00PM - 08:00PM
BOXERCISE	08:00PM - 08:45PM

THURSDAY

BOOTCAMP	06:30AM - 07:15AM
BODY SCULPT	09:30AM - 10:15AM
LUNCH CIRCUIT	01:15PM - 01:45PM
BLT	06:00PM - 06:45PM
BEGINNER COUCH TO 5KM	07:00PM - 08:00PM
ADULT SWIM LESSON	07:00PM - 07:30PM
AQUA FIT & TONE	08:00PM - 08:45PM

FRIDAY

AMRAP WORKOUT	09:15AM - 09:55AM
AQUA FIT & TONE	10:00AM - 10:45AM
LUNCH CIRCUIT	01:15PM - 01:45PM
LEARN TO LIFT	04:30PM - 05:30PM
SPIN	06:00PM - 06:45PM

SATURDAY

CIRCUITS	10:00AM - 10:45AM
SWIM LESSONS	09:00AM - 13:00 PM
LEARN TO LIFT	02:00PM - 04:00PM

SUNDAY

AQUA TOTS 3 MTS -1 YR	09:00AM - 09:30AM
AQUA TOTS- 1-2 YEARS	09:30AM - 10:00 AM
AQUA TOTS- 2-4 YEARS	10:00PM - 10:30AM
LEARN TO LIFT	11:00AM - 12:00PM
LEARN TO LIFT	02:00PM - 04:00PM

FITNESS CLASS DESCRIPTIONS

SPINNING: This is a group indoor cycling class using stationary bikes. In this cardiovascular workout you're kept motivated by the instructor, people around you & by the high energy music. **BODY SCULPT:** strength and conditioning class using a variety of equipment such as kettlebells, barbells. A total body workout. **BOOT CAMP:** An intense workout mixing a variety of cardio, weights and body weight exercises, its guaranteed to get your heart pumping! **BOXERCISE:** A non-contact class working on fitness and endurance using a variety of boxing drills and exercises. **CIRCUIT TRAINING:** is a combination of exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. One circuit is when all of the chosen exercises have been completed. Multiple circuits can be performed in one training session. **YOGA:** In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals. **AMRAP WORKOUT:** AMRAP stands for "as many rounds as possible". An AMRAP session focuses on pushing yourself as much as possible during a set time frame. It is a whole body work out which can use weights or body weight exercises. **LEARN TO LIFT:** this programme is gym based. It is a time where our trainers will dedicate their time to the gym floor and help you step outside your comfort zone with your training or to help you improve your technique! **COUCH TO 5K:** is a walking or running plan for absolute beginners. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each week. **AQUA FIT & TONE:** Aqua aerobics is a brilliant way to increase muscle strength in all areas of the body, especially as you can use multiple major muscle groups during these exercises. The resistance of water lends itself to the increased benefits, including flexibility and higher calorie burn on top of muscle endurance.

Please email thefitnessclub@hillgrovehotel.com or call 04773232 to make a booking.