

# THE FITNESS CLUB

HILLGROVE HOTEL

# WINTER 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 - 10:00AM
LEARN TO LIFT	01:00PM - 02:00PM
BOXERCISE	06:00PM - 06:45PM
SPIN	07:00PM - 07:30PM
YOGA	07:00PM - 07:45PM
CIRCUITS	08:00PM - 08:45PM

### TUESDAY

BOOTCAMP	06:30AM - 07:15AM
BODY SCULPT	09:30AM - 10:15AM
LUNCH CIRCUIT	01:15PM - 01:45PM
INSTRUCTORS CHOICE	06:00PM - 06:45PM
PILATES	07:00PM - 08:00PM
AQUA FIT & TONE	08:00PM - 08:45PM

### WEDNESDAY

SPINNING	06:30AM - 07:15AM
BODYPUMP	09:15AM - 10:00AM
AQUA FIT & TONE	10:00AM - 10:45AM
PRE NATAL EXERCISES	11:00AM - 11:30AM
POST NATAL EXERCISES	11:30AM - 12:00AM
SPIN	01:15PM - 01:45PM
CIRCUITS	06:00PM - 06:45PM
YOGA	07:00PM - 08:00PM
ADVANCED 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
LEARN TO LIFT	06:00PM - 08:00PM
ADULT SWIM LESSON	07:00PM - 07:30PM
PILATES	07:00PM - 08:00PM
AQUA FIT & TONE	08:00PM - 08:45PM

### FRIDAY

INSTRUCTORS CHOICE	09:15AM - 09:55AM
AQUA FIT & TONE	10:00AM - 10:45AM
SPIN	06:00PM - 06:45PM

### SATURDAY

CIRCUITS	10:00AM - 10:45AM
SWIM LESSONS	09:00AM - 13:00 PM

### SUNDAY

AQUA TOTS 3 MTS -1 YR	09:00AM - 12:00AM
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## 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 equipmentsuch 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. **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](mailto:thefitnessclub@hillgrovehotel.com) or call 04773232 to make a booking.