

THE FITNESS CLUB

HILLGROVE HOTEL

NEW CLASS TIMETABLE 2024

NEW OPENING HOURS

MONDAY - THURSDAY | 6.30AM-9.30PM

FRIDAY | 6.30AM-8.00PM

SATURDAY, SUNDAY & BANK HOLIDAYS |
8.30AM-6.30PM

MONDAY

AQUA FIT & TONE	09:15AM - 10:00AM
HIT	10:30AM - 11:15AM
BOX AND BARS	06:00PM - 06:45PM
SPIN	06:50PM - 07:20PM
YOGA	07:00PM - 07:45PM
CIRCUITS	07:30PM - 08:15PM

TUESDAY

BOOTCAMP	06:30AM - 07:15AM
BODY SCULPT	09:30AM - 10:15AM
BARS & BELLS	06:00PM - 06:30PM
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
BLT	06:00PM - 06:45PM
YOGA	07:00PM - 08:00PM
BOXERCISE	07:30PM - 08:15PM

THURSDAY

BOOTCAMP	06:30AM - 07:15AM
BODY SCULPT	09:30AM - 10:15AM
CIRCUITS	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

CIRCUITS	09:15AM - 09:55AM
AQUA FIT & TONE	10:00AM - 10:45AM
HIT	11:15AM - 12:00AM
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 or call 04773232 to make a booking.