

# CLASS DESCRIPTIONS

## CARDIO

**Aqua:** An exercise class in the pool, using the water as resistance. Providing a low impact but challenging cardiovascular workout.

**Spin:** An indoor cycling class focusing on strength, speed and endurance, with choreography designed to work and tone every muscle group in the body.

**Bootcamp:** A fast-paced, full body workout that builds strength, endurance and cardio fitness. Suitable for all levels and those ready to sweat!

## TONING & STRENGTH

**Upper Body:** A resistance based, full upper body workout to strengthen all muscle groups.

**Legs, Bums & Tums:** A resistance based, full lower body workout to strengthen all muscle groups. Perfect for all fitness levels.

**Kettlebells:** Kettlebell training in a group atmosphere. The ultimate full body workout.

**Hybrid Fitness:** A training approach that combines multiple disciplines like strength training and cardiovascular exercise to enhance overall fitness.

**Ab Blast:** An intense ab focused class to improve core strength.

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## INTERVALS

**HIIT:** Cardio and resistance training using step boxes. Incorporating a variety of different timings and intervals.

**HIIT Spin:** An indoor cycling class focusing on strength, speed and interval training by combining a variety of different drills.

**Super Circuits:** Move through stations targeting every muscle group with a mix of cardio and strength training. Perfect for all fitness levels!

## MIND & BODY

**Pilates:** Work on your core strength and develop balance, posture and coordination.

**Yoga:** Connects the body, breath and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

## MEMBERSHIP PERKS

**Free Classes:** Complimentary group exercise classes.

**Advance booking:** 6-day advance booking on group exercise classes.

**Spa treatment discounts:** Dalmeny Health Club members receive 10% discount off spa treatments.

*Subject to availability. Terms and conditions apply.*

**Food & Beverage discounts:** Dalmeny Health Club members receive 10% discount for up to 4 people off food and beverage in the restaurant / bar.

*Subject to availability. Terms and conditions apply.*

# DALMENY HEALTH CLUB



[D·H·C]

SPA  
DALMENY HEALTH CLUB

dalmeny  
RESORT HOTEL

## OPENING TIMES

Monday	06:30 - 21:00
Tuesday	06:30 - 21:00
Wednesday	06:30 - 21:00
Thursday	06:30 - 21:00
Friday	06:30 - 21:00
Saturday	07:30 - 21:00
Sunday	07:30 - 21:00

## CONTACT US

T: 01253 712236

E: [leisure@dalmenyhotel.co.uk](mailto:leisure@dalmenyhotel.co.uk)

W: [dalmenyhotel.co.uk](http://dalmenyhotel.co.uk)

# CLASS TIMETABLE

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## MONDAY

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06:30 - 07:15 **Bootcamp**  
09:00 - 09:30 **Upper Body Conditioning**  
11:00 - 12:00 **Yoga**  
18:00 - 18:45 **Hybrid Fitness**  
18:45 - 19:00 **Ab Blast**  
19:15 - 20:00 **Spin**

## TUESDAY

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08:45 - 09:15 **Spin**  
10:00 - 10:45 **Aqua**  
11:30 - 12:30 **Pilates**  
18:00 - 19:00 **Pilates**  
19:15 - 19:45 **HIIT**  
19:45 - 20:15 **HIIT Spin**

## WEDNESDAY

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06:30 - 07:15 **Bootcamp**  
08:45 - 09:30 **Spin**  
10:00 - 10:45 **Aqua**  
11:30 - 12:30 **Pilates With Ball**  
18:30 - 19:30 **Yoga**

## THURSDAY

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08:45 - 09:30 **Spin**  
09:45 - 10:30 **Kettlebells**  
13:00 - 13:45 **Aqua**  
18:00 - 18:45 **Super Circuits**  
18:45 - 19:00 **Ab Blast**

## FRIDAY

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06:30 - 07:15 **Bootcamp**  
09:00 - 09:45 **Legs, Bums and Tums**  
10:00 - 10:45 **Aqua**  
11:30 - 12:30 **Pilates**

## SATURDAY

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08:00 - 08:45 **Hybrid Fitness**  
09:15 - 09:45 **HIIT Spin**  
10:00 - 10:45 **Bootcamp**  
11:30 - 12:30 **Pilates**

 **Cardio**    **Toning & strength**    **Intervals**    **Mind & Body**



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