

## MONDAY

|   |       |                    |     |
|---|-------|--------------------|-----|
| ● | 09:15 | Vinyasa Yoga       | ¾hr |
| ● | 10:30 | Hatha Yoga         | 1hr |
| ● | 11:30 | Yoga Level 1       | 1hr |
| ● | 17:30 | Functional Fitness | 1hr |
| ● | 18:30 | Kettle Bells       | ¾hr |
| ● | 19:30 | Tai Chi            | 1hr |

## WEDNESDAY

|   |       |                               |     |
|---|-------|-------------------------------|-----|
| ● | 07:00 | Functional Fitness AM Edition | ¾hr |
| ● | 08:30 | Tai Chi Flow                  | 1hr |
| ● | 09:30 | Chinese Yoga                  | 1hr |
| ● | 10:30 | Pilates                       | 1hr |
| ● | 12:15 | Yoga Lunch                    | ¾hr |
| ● | 19:00 | Pilates                       | 1hr |

## FRIDAY

|   |       |                    |     |
|---|-------|--------------------|-----|
| ● | 10:00 | Pilates            | 1hr |
| ● | 17:30 | Functional Fitness | 1hr |
| ● | 18:30 | Evening Yoga       | 1hr |

## TUESDAY

|   |       |                   |     |
|---|-------|-------------------|-----|
| ● | 09:00 | Pilates           | 1hr |
| ● | 19:30 | Vinyasa Flow Yoga | 1hr |

## THURSDAY

|   |       |                |     |
|---|-------|----------------|-----|
| ● | 07:00 | Cardio Blast   | ¾hr |
| ● | 08:30 | Kettle Bells   | 1hr |
| ● | 09:30 | Tai Chi Flow   | 1hr |
| ● | 12:15 | Integral Flow  | ¾hr |
| ● | 17:45 | Yoga Level 2-3 | ¾hr |

- WELLNESS
- STRENGTH & CONDITIONING
- CARDIO

Free To Gym & Swim Members

Swim Membership / Residents £4.50

Non-Members £6.50 | Book Of 10 £50 | Book Of 20 £90

Pre-Registration Essential. Non-Members / Swim Membership / Residents £8 paid directly to the Yoga Instructor.



# The HOP

@ Merchants Manor

## STRENGTH & CONDITIONING

### Box Pad Blast

Abdominal focused class designed to shed the belly and build a strong defined core.

### Functional Fitness

Resistance based circuit style training utilising a plethora of weighted exercises using implements such as battling ropes, slam balls, sand bags and tyres. Intense full body training that will challenge your muscles and cardio to the maximum.

### Kettle Bells

Group class where you utilise the most versatile piece of gym equipment around; the kettlebell. Torch fat, build muscle and improve your fitness.

### Body Conditioning

A high energy, high impact class that delivers all round results to a strengthen the body and improve fitness.

### Tone Zone

A class dedicated to shaping and toning all key areas of the body. Using differing equipment (kettlebells, mats and bands) as well as body weight exercises.

## WELLNESS

### Tai Chi

Focusing on set form routines this is a more traditional style of tai chi bringing mind body balance in regard to yin and yang.

### Tai Chi Flow

Relaxing and invigorating tai chi based exercise made easy. Follow along classes with an emphasis on perpetual movement or flow.

### Evening Yoga

Based on Integral Yoga to gain balance in both body and mind. Suitable for all abilities.

### Chinese Yoga

Chinese yoga or dao yin is a beginner level yoga incorporating standing, kneeling sitting and lying postures combine with qi gong energy exercises to unbind and reset the body.

### Integral Yoga

A system of yoga that incorporates elements of all Yoga's such as Hatha and Asthanga. It seeks to gain balance in both body and mind and can vary in difficulty but is accessible to all.

### Balance

A group exercise class combining Yoga, Pilates and functional movements to strengthen, stretch and develop core stability. If you feel tight around your hips, shoulders or back, this class will help re-balance your body so you can move better.

### Vinyasa Flow Yoga

Vinyasa Flow yoga is postures sequenced in continuous movement. The style draws from Ashtanga yoga with varying pace, style and intensity. Emphasis is placed on harmonising the movements of the body with breath in creative sequences. Expect to move vigorously from pose to pose in this energetic, playful practise. Some yoga experience necessary.

## CARDIO

### Insanity

Experience cardio conditioning that will completely transform your body. This challenging workout can be modified to allow you dig deeper at any fitness level in order to reach your fitness goals.

### Box HIIT

High Intensity Interval Training Maximum effort exercise rounds coupled with short active rests creates an environment that will skyrocket your fitness levels and boost your metabolism.

### LIIT

Low intensity interval training builds strength coordination and structure with easy progressive movement.

### Plyo-Cardio

A combination of body weight exercises and sport oriented agility drills brought together to challenge your fitness levels and coordination!

### Katana-cise

Influenced by eastern martial arts katana-cise aims to improve core and upper body strength, endurance and cardio vascular ability through the use of wooden boken katanas and body weight exercises.

### V-HIIT

This insane workout uses an intense selection of body weight exercises performed in quick succession to burn calories. Grab your water bottles and prepare for a rigorous workout.

| PAY AS YOU GO      | SWIM | SWIM & GYM | SWIM, GYM, CLASSES      |
|--------------------|------|------------|-------------------------|
| Pay as you go peak | £9   | -          | -                       |
| Anytime 10         | £60  | £80        | -                       |
| Child**            | £5   | -          | -                       |
| MEMBERSHIP SINGLE  |      |            |                         |
| 1 month            | -    | £49        | -                       |
| 12 months*         | £360 | -          | £542                    |
| 6 months*          | £217 | -          | £278                    |
| Elite              | -    | -          | £1000 - one off payment |
| Couples            | £540 | -          | £840 - one off payment  |
| PERSONAL TRAINING  |      |            |                         |
| Single Session     | £40  | -          | -                       |
| 5 pre paid         | £175 | -          | -                       |
| 10 pre paid        | £330 | -          | -                       |

\* 10% off any membership for students & OAPs, must be paid in full. Save 5% on a 6 or 12 month membership when you pay in full – ask reception for further details.

\*\* A child is between the age of 0-12 and must be accompanied by a full paid member. The gym is strictly over 18 only. Under 18 in the pool must be accompanied by an adult ratio of 1:2 at all times. Children swim times are 15:00-17:00 daily.