



The Coniston Hotel
Country Estate and Spa

AUTUMN/WINTER 2019/20 CLASS TIMETABLE

	EARLY MORNING	LATE MORNING	EARLY AFTERNOON	LATE AFTERNOON	EVENING
MON	7.00 - 7.30 Spin 7.45 - 8.30 Hydro Circuits 9.30 - 10.00 Step	10.15 - 11.00 Abs, Back & Core	12.15 - 13.15 Pilates (3) 13.30 - 14.15 Body Conditioning	14.30 - 15.00 SpinCore 17.00-17.30 Spin (4)	17.45 - 18.45 TAT (4) 19.00 - 20.00 Pilates (3)
TUE	7.00 - 7.30 Spin 7.45 - 8.30 Hydro Circuits 9.30 - 10.00 Boxfit	10.15 - 11.15 20/20/20 11.30 - 12.45 Yoga (3)	13.00 - 13.30 Spin 14.30 - 16.00 Yoga (1)	16.30 - 17.30 Pilates (1) 17.45 - 18.15 HIIT Step (2)	18.30 - 19.15 Kettlebells (2)
WED	7.00 - 7.30 Barbell Blast 7.45 - 8.30 Hydro circuits 9.30 - 10.00 Cardio Kick	10.15 - 11.00 Legs, Bums & Tums	12.15 - 13.15 Pilates (3) 13.30 - 14.15 Body Conditioning 14.30 - 15.00 Arms, Back & Core	17.45 - 18.15 Spin	18.30 - 19.15 Zumba (6) - NEW! 19.30 - 20.15 Kickbox Fit (7) - NEW!
THUR	7.00 - 7.30 Circuits 7.45 - 8.30 Hydro Circuits 7.45 - 9.15 Yoga (1) 9.30 - 10.00 HIIT Step (2)	10.15 - 11.00 Kettlebells 11.15 - 12.30 Tai Chi	13.00 - 13.30 Spin 14.30 - 16.00 Yoga (3)	18.00 - 18.30 Circuits	18.45 - 20.00 Yoga (8)
FRI	7.00 - 7.30 Spin 8.00 - 8.30 Boxfit - NEW! 9.30 - 10.00 Lower Body	10.15 - 11.00 Circuits	12.00 - 12.45 Abs, Back & Core 13.00 - 13.30 Spin	14.30 - 16.00 Yoga (5) 17.30 - 18.00 Spin	18.15 - 19.00 Body Conditioning 19.15 - 19.45 Kettlebells
SAT	8.30 - 9.00 Spin 9.30 - 10.30 20/20/20		11.00 - 11.45 Kettlebells 14.00 - 15.15 Yoga	15.30 - 16.00 Spin	KEY (1) Sam (2) Rebecca (3) Ebru (4) Ben (5) Anne (6) Gemma A (7) Gemma H (8) Susanne
SUN	9.15 - 9.45 HIIT	10.00 - 10.45 Legs, Bums & Tums 11.00 - 11.45 Boxfit		16.00 - 16.45 Spin	





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CLASS DESCRIPTIONS

CARDIO KICK High intense blast to get the heart and lungs working to improve your cardiovascular system.

LOWER BODY Focusing on all areas of the lower body, making sure you feel the burn.

BARBELL BLAST A mixture of aerobic and toning exercises using barbells to give an overall body workout.

HIIT A 30 minute high intensity workout that will burn fat and tone your muscles.

CIRCUITS Aimed to improve general fitness and muscular endurance, using a variety of equipment, set up in a circuit format.

BOXFIT A class designed to increase personal fitness, body composition and balance using boxing based training.

TAT Designed specifically to burn fat and add muscle definition, this class is split into 3 zones (cardio, core and resistance) using bodyweight exercises with resistance bands to get your muscles working.

HIITSTEP™ HIITSTEP is a new and innovative 30 minute HIIT exercise class using only bodyweight and a STEP.

STEP A high intensity workout to boost your heart rate and breathing and strengthen your muscles with the use of a STEP.

KICKBOX FIT Kickbox Fit combines martial arts techniques with cardio. This high-energy workout challenges all levels of fitness abilities. Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout.

ZUMBA Zumba is a fun dance workout which features Latin rhythms. It incorporates interval training with a mixture of slow and fast movements. This class is classed as high energy but there are low level alternative moves throughout the class.

ARMS, BACK & CORE By giving your arms a full workout, your abdominals will still be targeted.

SPIN Using a special stationary exercise bicycle with a weighted flywheel you will be tested on speed and stamina.

SPINCORE Using a special stationary exercise bicycle with a weighted flywheel you will be tested on speed and stamina alongside doing core stability exercises.

HYDRO CIRCUITS/AQUA A circuit based class using water as resistance. Ideal for low impact training.

ABS BACK & CORE To strengthen your core by providing a complete workout designed to target your abdominals.

BODY CONDITIONING A High Intensity Sports Training class focusing on strength, cardio and functional training exercises.

KETTLEBELLS A total body workout focused on a single piece of equipment to improve strength and stamina.

LEGS BUMS & TUMS This class specifically focuses on the lower muscle groups resulting in improved muscle strength, endurance and tone.

20/20/20 A 60 minute class broken down into cardio vascular, aerobic and anaerobic exercises.

YOGA Blends balance, strength, flexibility and power in a fitness format.

PILATES This Pilates mat work class focuses on stabilizing and strengthening core muscles, improving flexibility and correcting posture using your body weight.

TAI CHI A series of movements performed in a slow, focused manner, accompanied by deep breathing and relaxation with flowing movements.

KEY

-  HIGH INTENSITY
-  MEDIUM INTENSITY
-  LOW INTENSITY