

IMPORTANT INFORMATION

The following points will enable you to get the best from your workout.

- Always wear clothes that are comfortable.
- Drink plenty of water throughout the class to avoid dehydration.
- Arrive to a class on time.
(THE WARM UP IS ESSENTIAL)
- Let the instructor know if you have any health problems or if you are new to the class.
- All mobile phones must be switched off before entering the studio.
- All our instructors are fully qualified. We hold all certificates which can be shown on request.
- Do not exercise if you are feeling at all unwell.
- Do not exercise if you have eaten a heavy meal in the past two hours or if you have been drinking alcohol.
- Remember it is always wise to consult your doctor before you take up a new exercise regime and always stop an exercise if it causes pain.
- Booking into a class is essential. This helps us to keep track of class attendance and for health and safety reasons.
- **Please note:** All new classes on this timetable are given a 6-8 week period to become established. If classes are not well attended, they will be removed.

...help us to help you



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Class Descriptions

ABSOLUTE BALL

A workout which will challenge your balance, stability and deep core muscles.

AB'S-A-GLUTELY

A conditioning class focusing on those problematic areas of the glutes and abdominals, fabulous for toning and shaping.

ADVANCED AQUA

A class which will challenge your fitness and strength, not a class for beginners.

ADVANCED PILATES

Challenge your Pilates routine with this dynamic workout connecting mind and body with breath and movement.

AEROBIC MIX

Bring out the "Divas" in you with fast moving, exciting choreography. Lots of calorie burning and fantastic music.

BEGINNERS STEP

Learn the basics of step from the correct technique to basic step patterns. This class is slower in pace than other step classes to enable you to flow moves and commands easily.

BODY BAR

The body bar workout uses creative and powerful training techniques to shape, define and strengthen the muscles from top to toe, while improving posture and upper body alignment.

BOX 2 THE BEAT

High energy, infectious workout, incorporating aerobic and boxing moves. A fantastic muscular strength and endurance class.

CALLANETICS

This is a body contouring class using small movements. The class caters for all fitness levels. Can be done with or without equipment.

CARDIO MIX

Amazing workout. Lots of calorie burning, high energy with the use of step, gliding pilates or pure aerobics. Fantastic fun and great results in a short time.

CARDIO/STEP

A combination of step and aerobic exercise. Burn lots of calories while having a great time.

FIT 'N' FUNCTIONAL

For those members who do not want to take part in vigorous exercise, low impact, high intensity, this is a fabulous "feel good" class with great results.

FULLY STRETCHED

This full body stretch class is meant to lengthen your muscles, relieve physical tension and help you relax. Give it a go, you could even grow taller!!!

INDOOR CYCLING

A high energy class that enhances cardiovascular endurance and muscular strength, participants select personal intensity levels and bike tension, enthusiastic instructors and fab music "amazing workout".

HOLISTIC FLEXIBILITY

This class combines well being and range of movement, concentrating on progressive flexibility, and muscle health. A range of techniques are used to achieve ultimate flexibility including massage.

HOOR OF POWER

Imagine a class that combines the mental focus and breathing as yoga, the core muscle development of pilate's. The high energy fat burning as aerobics and the muscle conditioning of resistance training. A class which will allow you to achieve a high level of total body fitness in a very short space of time. This class is equally attended by men and women alike, and suitable for all levels of fitness, because the difficulty and intensity of the class is entirely controlled by the participant, if you can imagine this class "You Are Imagining The Hour Of Power".

LINE DANCING

Learn all the popular line dances and enjoy this fun workout. Each dance will be broken down into easy steps. So, just come along and have a fantastic time.

PERFORMANCE CYCLING

Performance cycling has an unmatched reputation for excellence with instructors worldwide, and is fully endorsed, and accredited as Gold Standard. Our instructors who are performance cycling trained, have been awarded the highest accreditation available for cycling via the register of exercise professionals. So you can be certain you are receiving the highest standards of teaching and safety, suitable for all ages and levels of fitness.

PILATES

Pilates classes focus on integrating the entire body rather than exercising each body part separately. As you begin to focus on your body as a whole you will achieve better alignment to re-teach your body to work more efficiently.

PURE NEURO

Unique to Thornton Hall, you will be amazed what this class will do for your mind and body. Experience pure NLP (Neuro Linguistic Programming), and "Thought Field Therapy" relax and use your mind to experience a pleasurable journey. Leave the studio feeling energised and invigorated.

SERIOUS BODY MELT DOWN

An awesome workout that concentrates on burning calories during and up to 72 hours after your workout, muscle resistance and body weight training combined with high energy moves this class will positively effect your metabolic rate.

SERIOUS FITNESS

A hard core, high energy, high impact class with no choreography. Ideal for male or female members. Be prepared to work your whole body to the max.

SERIOUS SIX PACK

This is a SERIOUS abdominal workout, with excellent results.

STRAPPY TOP

This high intensity arms and upper body workout is designed to achieve results in very little time. Bodybar, hand weights or resistance equipment could be used.

STRETCH & TONE

Mobilising all joints, toning, relax and be energised.

TAI CHI

A class that corrects irregularities in posture and breathing whilst invigorating and rejuvenating the body process.

TOP TO TOE

You will be working muscles you did not know you had, fantastic fun with lots of toning and fat burning.

WAIST-AWAY/ABS

Fantastic workout, full of energy, working waist, obliques and deep abdominal muscles. Amazing results in a short time.

YOGA

Yoga is a physical, emotional, mental and spiritual practice resulting in good health and peace of mind.

YOGALATES

Yoga and Pilates movements to give you the best.

ZUMBA

Zumba is an exciting and dynamic fitness programme that allows you to dance your way to a happy and healthier life. Some people hate to exercise, but everyone loves to party! Zumba's high spirited energy is contagious. Participants are likely to get lost in the fun and burn some serious calories.

The Aerobics Studio Timetable



THORNTON HALL
COUNTRY HEALTH CLUB