

Class Descriptions

ABSOLUTE ABS

This Class will promote a lean strong and defined waistline.

AQUA AEROBICS

This class can be challenging, working with the resistance of the water. Exercising in the water is very supportive for the joints and muscles. No impact, good for all ages and fitness levels.

ASHTANGA YOGA

Ashtanga Yoga is a traditional yoga practice synchronising breath and movement to produce an internal heat. Great for building core strength and toning the whole body.

BALLET BARRE

Join us at the BarreArabesque with attitude Define your Derriere. Be supple, strong with our latest class. Increases flexibility strength and tone

BALLROOM DANCING

Learn all of the popular ballroom dances and enjoy this fun workout.

DANCE FIT

Dance your way to a happier and healthier life. This class is infectious, fab music and some great easy to learn moves. Burn calories whilst having a ball.

EXPRESS HOP

A 30 minute section taken from Hour of Power. An extremely effective workout. Participants will love it!

FEEL GOOD FRIDAY

Good mixture of Waist-away Abs dance and aerobic moves. this class will give you a feel good factor, good fun class, great music and easy to follow moves.

FIT STEPS

Fitness that is STRICTLY FUN! It's unique. It's the first time that classic Latin and Ballroom dances have been brought together with proven fitness techniques and principles to create not only a programme that can have extraordinarily wide appeal, but one that has the potential to make a real and lasting impact on the health of the nation.

GENTLE YOGA

A soft, slow paced and relaxing practice; including a range of motion exercise. This class will improve your strength, flexibility and balance.

HATHA (YOGA)

Practice involves a series of postures. Intended to align your muscles, skin and bones. It's physical benefits can be the most immediate and obvious, but it's the mental and spiritual benefits than can transform your life.

HEDGEHOG PILATES

The hedgehog works like a foam roller, spikey ball, spine stretcher and balance board to add variety and challenge to familiar exercises that stretch, strengthen and condition.

HIIT ATTACK

Burn some serious calories in this high energy class for all fitness levels!! Energetic, interval training which combines easy to follow aerobic, strength and stabilisation exercises

HIIT CYCLING

HIIT workouts are becoming more widely used because you can get your heart-rate up quickly and safely and complete a workout that is as beneficial as a longer workout. HIITs are almost always made up of a short period of high-intensity activity followed by a short rest period.

HIIT STEP

A new and innovative exercise class using only body weight and a step. Using the principles of high intensity interval training, this class is choreographed to bespoke soundtracks creating sounds of the UK's top house DJ's. HIIT Step is a high energy class that pushes you to new limits.

HOLISTIC RELAXATION

A selection of relaxation techniques promoting inner stillness and rebalancing the whole system.

HOOR OF POWER

Imagine a class that combines the mental focus and breathing as yoga and the core muscle development of pilates. 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.

HOP

Three quarters of an hour of Hour of Power without the Abs section!

IYENGAR YOGA

Create a youthful, dynamic, supple body plus a peaceful mind. Precise alignment, sequencing breathing practices plus individual help from our very experienced teacher.

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.

MEDITATIVE CHI GUNG

This class can be likened to a standing form of Chinese Yoga, in which smooth and gentle, flowing movements are incorporated with breath awareness. You will leave this class feeling relaxed, centred and with more vitality.

METAFIT

Created by a former Royal Marine Commando. Combines traditional body weight exercises with the latest interval and tabat techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism by working big muscle groups with high intensity intervals. You will burn fat for up to 24 hrs or more after this class.

PERFORMANCE CYCLING

Performance Cycling is a safe and structured indoor cycling class designed to maximise your performance.

PHYSIO BASED PILATES

This class is taken by a Physiotherapist. Nicky has also trained with the Australian Physiotherapy and Pilates Institute. The very high standard of teaching and knowledge makes this class "The Best of the Best".

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 SERENITY

A gentle, relaxed and uplifting 'moving meditation' class of slow, flowing movements, stretching and breathing followed by a peaceful relaxation practice at the end. This class will restore your energy and soothe your mind and with regular practice will create more inner peace and strengthen your personal wellbeing and resilience.

PURE STRETCH

Tight, sore muscles and poor core strength can affect your whole posture. Increase your range of movement and decrease your risk of injury.

RESIST AND DEFINE

This class will build muscle and strength, resulting in a defined, sculptured and strong physic. The class could incorporate Bands or weights

RESTORATIVE MEDITATION

A practice of concentrated focus, increasing awareness of the present moment. Reduce stress, promote relaxation and enhance personal and spiritual growth.

RESTORATIVE YOGA

A therapeutic class of hip and heart openers to restore balance, harmony and relaxation to body and mind. All levels are welcome.

SOMA

A ground breaking class to make you fitter and healthier, physically and mentally. Using techniques of rhythmic breathing and breath retentions. Developed from how the Russian astronauts were trained in the 1970's. The whole SOMA experience is life changing. The benefits you can experience by learning to breath more slowly. Amazing music, this is different to anything you will have done before.

SPINAL FLEXIBILITY

Working towards a healthy and flexible spine incorporating gentle movements to bring balance to the body.

STEP

Intermediate step. Expands on the basic step class by incorporating harder choreography at a faster pace. Fantastic aerobic workout.

STRENGTH YOGA

This Yoga Class will focus on muscle isolation, dynamic movement and conditioning muscle groups, working towards more advanced posture. You will build Strength and mobility and to enable you to move with ease and grace, on and off the mat.

TAI CHI

Based on the principles and the form of Tai Chi, helping to bring strength, flexibility and balance.

VINYASA FLOW (YOGA)

A dynamic, flowing sequence of posture with a strong focus on breath and non-linear movement. Will take you on a journey inside the body and mind. This will challenge even the more advance practitioner.

WAISTAWAY

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

YOGA

A Spiritual and calming class will improve flexibility increase strength .. Do. Stress and lower anxiety.

YOGA NIDRA

Yoga Nidra is designed to take you into the same relaxation you get when your sleeping, but keeps you in a state of being deeply relaxed but awake.

NOTES:

Please **DO NOT ENTER** the Health Club if you are feeling unwell or have any of the symptoms linked with Covid-19.

Maximum class size is for 15 people (dependant on the style and type of class).

The new timetable has limited classes and time restrictions to allow us to follow the latest government guidelines.

There is a 15 minute gap between all classes to enable deep cleaning of the studio and equipment.

If you have your own mat, please bring it with you to your classes, along with your own water bottle.

Wherever possible (dependant on the weather) the classes will be taken outside.

We recommend that, where possible, you should come "fitness ready" and changed for your class.

If you need to use the changing rooms please respect 2 metre distancing and wear a mask, if possible.

We recommend masks should be worn in all public areas (i.e. Changing rooms, corridors and in the Brasserie).

For our latest guidelines, Covid 19 advice and recommendations please visit:

www.thorntonhallhotel.com/spas/covid-19.html

OPENING HOURS

6.30am - 9.00pm (Mon-Sun)

**THORNTON HALL
HOTEL & SPA
★★★★**

**Thornton Hall Hotel & Spa
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FITNESS STUDIO Schedule

31st August 2020

to

30th September 2020

If it doesn't

CHALLENGE YOU,

it doesn't

CHANGE YOU!

**THORNTON HALL
HOTEL & SPA
★★★★**

Book classes online at www.thorntonhallhotel.com

Monday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Les	●●■
8.15am - 9.00am	Pilates	A	Diane	●●■
9.15am - 10.00am	HOP	A	Jacqui	●●■
10.15am - 10.45am	Waistaway	A	Jacqui	●●■
11.00am - 11.45am	Step	A	Vicky	●●■
12.00noon - 1.00pm	Pilates	A	Diane	○●■
1.15pm - 2.30pm	Yoga	A	Carolyn	○○■
2.45pm - 3.45pm	Meditative Chi Gung	A	Graeme	○○■
4.30pm - 5.15pm	Performance Cycling	A	Laura	●●■
5.30pm - 6.00pm	HIIT Attack	A	James	●●■
6.15pm - 6.45pm	Absolute Abs	A	Jane	●●■
7.00pm - 7.30pm	Express Hop	A	Jane	●●■
7.40pm - 8.40pm	Pilates	A	Suzanne	●●■

Tuesday	Class	Level	Instructor	
6.45am - 7.45am	Hatha Yoga	A	Caroline	○○■
8.15am - 8.45am	Performance Cycling	A	Gill	●●■
9.15am - 9.45am	Metafit	A	Gill	●●■
10.00am - 10.30am	Waistaway	A	Gill	●●■
10.45am - 11.15am	Strappy Top	A	Gill	●●■
11.30am - 12.30pm	Vinyasa Flow (Yoga)	I	Grace	●●■
12.00noon - 12.45pm	Aqua Aerobics	A	Vicky	●●■
12.45pm - 1.30pm	Dance Aerobics	A	Grace	●●■
1.45pm - 2.15pm	Express Hop	A	Grace	●●■
2.30pm - 3.15pm	Holistic Relaxation	A	Lynn	○●■
3.30pm - 4.15pm	Physio Based Pilates	A	Katy	○●■
4.30pm - 5.15pm	HIIT Cycling	A	Jacqui	●●■
5.30pm - 6.00pm	Express Hop	A	Jacqui	●●■
6.15pm - 6.45pm	Performance Cycling	A	Laura	●●■
7.00pm - 7.30pm	HIIT Step	A	Jane	●●■
7.45pm - 8.45pm	Restorative Yoga	A	Carolyn	○○■

Wednesday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Gill	●●■
8.00am - 8.30am	Soma	G	Gill	○●■
8.45am - 9.15am	Pure Stretch	G	Gill	○○■
9.30am - 10.00am	Waistaway	A	Gill	●●■
10.15am - 10.45am	Dance Aerobics	A	Grace	●●■
11.00am - 11.30am	Express HOP	A	Grace	●●■
11.45am - 12.30pm	Line Dancing	A	Grace	●●■
12.45pm - 1.45pm	Spinal Flexibility	G	Gill	○●■
2.00pm - 3.30pm	Yoga	A	Gill	○○■
5.00pm - 6.00pm	Pilates	A	Heather	●●■
6.15pm - 7.00pm	Performance Cycling	A	Sarah	●●■
7.15pm - 7.45pm	Express HOP	A	Sarah	●●■
8.00pm - 8.45pm	Step	A	Debbie	●●■

Thursday	Class	Level	Instructor	
7.00am - 8.00am	Hour of Power	A	Laura	●●■
8.15am - 8.45am	Performance Cycling	A	Laura	●●■
9.00am - 9.30am	Metafit	A	Laura	●●■
9.45am - 10.30am	Spinal Flexibility	G	Bernie	○●■
10.45am - 11.45am	Pilates	A	Heather	●●■
12.00noon - 12.45pm	Aqua Aerobics	A	Karen	●●■
12.00noon - 12.45pm	Fit Steps	A	Sarah	●●■
1.00pm - 1.45pm	HIIT Cycling	A	Jacqui	●●■
2.00pm - 2.30pm	Express HOP	A	Jacqui	●●■
2.45pm - 3.15pm	Ballet Barre	A	Gemma	●●■
3.30pm - 4.30pm	Tai Chi	A	Bernie	●●■
5.00pm - 5.45pm	Performance Cycling	A	Sarah	●●■
6.00pm - 6.30pm	HIIT Step	A	Jane	●●■
6.45pm - 7.15pm	Express HOP	A	Jane	●●■
7.30pm - 8.45pm	Yoga	A	Sophie	○○■

Friday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Graeme	●●■
8.15am - 9.00am	HIIT Cycling	A	Jacqui	●●■
9.15am - 9.45am	Express HOP	A	Jane	●●■
10.00am - 10.30am	HIIT Step	A	Jane	●●■
10.45am - 11.15am	Feel Good Friday	A	Grace	●●■
11.30am - 12.15pm	Step	I	Grace	●●■
12.30pm - 1.30pm	Pure Serenity	G	Bernie	○○■
2.00pm - 3.00pm	Gentle Yoga	I	Ellie	○○■
5.00pm - 5.45pm	Dance Fit	A	Sue	●●■
6.00pm - 7.00pm	Hatha Yoga	A	Caroline	○○■

Saturday	Class	Level	Instructor	
7.45am - 8.30am	Performance Cycling	A	Gill	●●■
8.45am - 9.15am	Metafit	A	Gill	●●■
9.30am - 10.30am	Hour of Power	A	Gill	●●■
10.45am - 11.30am	Spinal Flexibility	G	Gill	○●■
11.45am - 12.45pm	Fit Steps	A	Sarah	●●■
1.00pm - 1.30pm	Ballet Barre	A	Sarah	●●■
1.45pm - 3.00pm	Hatha Yoga	A	Carolyn	●●○■
5.00pm - 6.00pm	Pilates	A	Diane	●●■

Sunday	Class	Level	Instructor	
7.45am - 8.30am	Performance Cycling	A	Conrad	●●■
8.45am - 9.15am	Metafit	A	Laura	●●■
9.30am - 10.00am	Express Hop	A	Laura	●●■
10.15am - 11.15am	Physio Based Pilates	A	Nicky	○●■
11.30am - 12.15pm	Waistaway	A	Debbie	●●■
12.30pm - 1.00pm	Total Body Conditioning	A	Debbie	●●■
1.15pm - 2.15pm	Vinyasa Flow (Yoga)	I	Sophie	●●■
6.00pm - 7.15pm	Restorative Yoga	A	Graeme	○○■

PLEASE BOOK AT RECEPTION OR ONLINE FOR ALL CLASSES
 A - All Adv - Advanced B - Beginners G - Gentle I - Intermediate

● Calorie Burning	■ PPL Music Licensing Law
○ Resistance	■ PPL (Original Artist)
○ Gentle	■ PPL FREE (Non-Original Artist)

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)
- In the interest of hygiene, please bring your own exercise mat.
- Let the instructor know if you have any health problems or if you are new to the class.
- Bags or coats must not be brought into the studio.
- 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 1 hour 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. Book online or call.
- Please note: All new classes on this timetable are given a 14-16 week period to become established. If classes are not well attended, they will be removed.

We welcome any comments about our classes. Please feel free to speak to our Aerobics Co-ordinator or complete a comment card.

...help us to help you

Book classes online at: thorntonhallhotel.com

Please remember to cancel your booked class if you are unable to attend, therefore giving other members the opportunity to join a class.

This can be done online or by calling 0151 353 0116

Please note that this timetable is subject to change. Although correct at time of print, please visit our website for up to date information.