

## Class Descriptions

### 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.

### BALLROOM DANCING

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

### BOX 2 THE BEAT

High energy, infectious workout incorporating Aerobic and Boxing moves. A fantastic muscular, strength and endurance class.

### CALM FLOW for WELLBEING

Reduce stress with this class of gentle, health giving movements, body stretches, spinal stretches and health enhancing breathing techniques, to make your physical body stronger and more flexible, with a short meditation practice at the end, to clear your mind to leave you with a restored sense of calm and vitality.

### CARDIO-TONE

A class that will work you from top to toe. Challenging all major muscle groups. Floor work involved with use of bands. Aimed at helping to strengthen and tone your body.

### 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.

### EUPHORIC CYCLE

Calorie burning, Heart pumping ride. Loaded with skills, drills, resistance and speed and fantastic music which will carry you to the ultimate experience.

### EXPRESS HOP

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

### 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.

### HATHA FLOW (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 that can transform your life.

### HIIT WORKOUT (High Intensity Interval Training)

HIIT Training is a Total Body, Heart Pumping aerobic and strength workout.

### HOPE 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.

### MEDITATION

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

### 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.

### POWER RIDE

Ride into levels of intensity you never thought possible, this class will take you through a fantastic journey. Prepare to sweat.

### 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.

### SOSA DANCE

Sosa Dance Fitness is a completely unique, easy to follow, fun packed class. Routines are all set to fabulous soundtracks - to get you singing, shimmying and shaking your maracas.

### 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.

### TAI CHI

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

### ULTIMATE DEFINITION

Balancing your muscular definition, helping you achieve a lean and sculptured physique with use of hand weights; working on core, arms, shoulders, back, glutes, quads; full body workout.

### VIBE CYCLE

Come along and feel the vibe. Take a journey, let your endorphins take you to another level. Sprints, hill climbs, jumps. Move with the Rhythm of the Music.

### 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 ABS

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

### YOGA

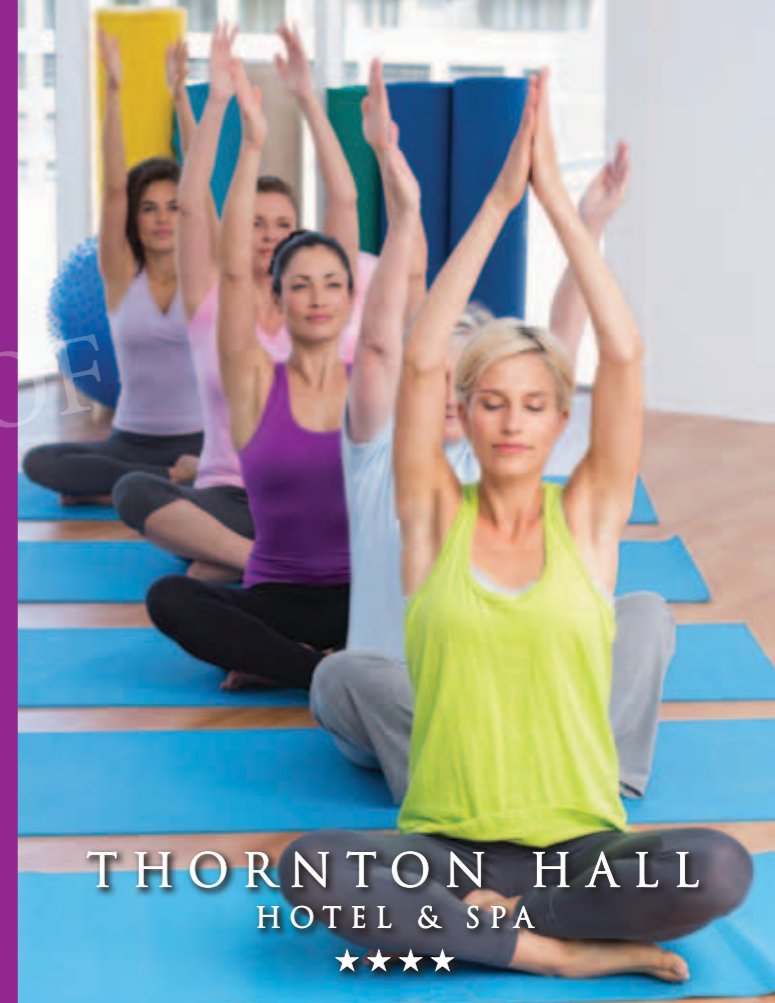
Yoga is a physical, emotional, mental and spiritual practice resulting in good health and peace of mind.

### YOGALATES

Yogalates has steadily gained popularity as being a method which makes the disciplines of Yoga and Pilates easily available to everyone. A Yogalates class will include exercises and poses to cultivate strength, stamina, stability and flexibility.

### 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.



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HOTEL & SPA  
★★★★

## FITNESS STUDIO Schedule

OPENING HOURS • 6.30am - 10.00pm (Mon-Sun)

THORNTON HALL  
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Thornton Hall Hotel & Spa  
Thornton Hough Wirral CH63 1JF  
T: 0151 353 0116  
E: [Ireception@thorntonhallhotel.com](mailto:Ireception@thorntonhallhotel.com)



Book classes online at  
[www.thorntonhallhotel.com](http://www.thorntonhallhotel.com)

Monday	Class	Level	Instructor	
7.00am - 7.45am	Power Ride	A	Les	●●■
8.30am - 9.15am	Pilates	A	Wendy	●■
9.15am - 10.15am	Hour of Power	A	Jacqui	●●■
10.15am - 10.45am	Waist-away Abs	A	Jacqui	●●■
10.45am - 11.15am	Ultimate Definition	A	Jacqui	●●■
11.15am - 12.00noon	Basic Step	A	Grace	●●■
12.00noon - 12.55pm	Pilates	A	Heather	●■
1.00pm - 2.30pm	Iyengar Yoga	G	Val	○●■
2.45pm - 3.45pm	Pilates	A	Carrie	●■
4.30pm - 5.15pm	Vibe Cycle	A	Julia	●●■
5.30pm - 6.15pm	Pilates	A	Julia	●■
6.15pm - 7.00pm	Box 2 the Beat	A	James	●●■
7.00pm - 7.30pm	Express Hop	A	Julia	●●■
7.30pm - 8.30pm	Pilates	A	Suzanne	●■



Thursday	Class	Level	Instructor	
7.00am - 8.00am	Hour of Power	A	Gill	●●■
8.15am - 8.45am	Euphoric Cycle	A	Gill	●●■
9.00am - 9.30am	Metafit	A	Gill	●●■
9.30am - 10.15am	Spinal Flexibility	G	Gill	○●■
10.15am - 11.10am	Pilates	A	Heather	●■
11.15am - 12.00noon	Fit Steps	A	Sarah	●●■
12.00noon - 12.45pm	Aqua Aerobics	A	Karen	●●■
12.00noon - 1.00pm	Pilates	A	Julia	●■
1.15pm - 2.15pm	Hour of Power	A	Jacqui	●●■
2.15pm - 2.45pm	Pure Stretch	G	Jacqui	○●■
2.45pm - 3.45pm	Tai Chi	A	Bernie	●○■
5.00pm - 5.45pm	HIIT Cycling	A	Andy	●●■
6.00pm - 6.30pm	Circuits	A	Andy	●●■
6.30pm - 7.00pm	Express Hop	A	Grace	●●■
7.00pm - 8.30pm	Yoga	A	Lynn	○●■

Tuesday	Class	Level	Instructor	
6.45am - 7.45am	Hatha Flow (Yoga)	A	Caroline	○●■
7.45am - 8.15am	Pure Stretch	G	Caroline	○●■
8.30am - 9.00am	Vibe Cycle	A	Julia	●●■
9.15am - 9.45am	Metafit	A	Gill	●●■
9.45am - 10.45am	Ultimate Definition	A	Gill	●●■
10.45am - 11.45am	Posture Pilates	A	Gill	●●■
12.00noon - 12.45pm	Aqua Aerobics	A	Grace	○●■
12.00noon - 1.00pm	Vinyasa Flow (Yoga)	I	Gabby	●●■
1.15pm - 2.00pm	Dance Fit	A	Grace	●●■
2.00pm - 3.00pm	Hour of Power	A	Jacqui	●●■
3.00pm - 4.00pm	Physio Based Pilates	A	Katy	●■
4.30pm - 5.15pm	HIIT Cycling	A	Jacqui	●●■
5.30pm - 6.00pm	Express Hop	A	Jacqui	●●■
6.00pm - 6.30pm	Meditation	G	Sue	○●■
6.30pm - 7.00pm	Metafit	A	Jane	●●■
7.15pm - 8.45pm	Traditional Hatha Yoga	A	Yogasmiths	●●■



Friday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Graeme	●●■
8.15am - 9.00am	HIIT Cycling	A	Jacqui	●●■
9.15am - 10.00am	HOP	A	Jacqui	●●■
10.00am - 10.30am	Waist-away/Sosa	A	Grace	●●■
10.30am - 11.15am	Step	I	Grace	●●■
11.15am - 12.10pm	Pure Serenity	G	Bernie	○●■
12.15pm - 1.10pm	Vinyasa Flow (Yoga)	I	Gabby	●●■
1.15pm - 2.10pm	Pilates	A	Julia	●■
2.15pm - 3.10pm	Ballroom Dancing	Adv	Vicky	○●■
3.15pm - 4.15pm	Ballroom Dancing	B/I	Steve	○●■
5.15pm - 6.00pm	Dance Fit	A	Sue	●●■
6.00pm - 6.30pm	Aqua Aerobics	A	Karen	○●■
6.00pm - 7.00pm	Yogalates	A	Wendy	●■

Wednesday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Graeme	●●■
8.00am - 8.30am	Meditation	G	Gill	○●■
8.30am - 9.00am	Pure Stretch	G	Gill	●●■
9.00am - 9.30am	Waist-away Abs	A	Gill	●●■
9.30am - 10.00am	Sosa (Dance)	A	Grace	●●■
10.00am - 10.55am	Cardio Mix	A	Heather	●■
11.00am - 11.55am	Line Dancing	A	Grace	●■
12.00noon - 12.55pm	Spinal Flexibility	G	Gabby	○●■
1.00pm - 2.30pm	Iyengar Yoga	A	Val	○●■
5.00pm - 6.00pm	Pilates	A	Heather	●■
6.15pm - 7.00pm	HIIT Cycling	A	Andy	●●■
7.05pm - 8.00pm	Hour of Power	A	Jane	●●■
8.00pm - 8.45pm	Step	A	Debbie	●●■

Saturday	Class	Level	Instructor	
7.45am - 8.30am	Euphoric Cycling	A	Gill	●●■
8.45am - 9.15am	Metafit	A	Gill	●●■
9.15am - 9.45am	Metafit	A	Gill	●●■
9.45am - 10.45am	Hour of Power	A	Gill	●●○■
10.45am - 11.40am	Calm Flow	A	Bernie	○●■
11.45am - 12.45pm	Fit Steps	A	Sarah	●●■
1.00pm - 2.00pm	Ashtanga Yoga	A	Caroline	○●■

Sunday	Class	Level	Instructor	
7.45am - 8.30am	HIIT Cycling	A	Conrad	●●■
8.45am - 9.15am	Metafit	A	Conrad	●●■
9.15am - 9.45am	Express Hop	A	Conrad	●●■
10.00am - 10.55am	Physio Based Pilates	A	Nicky	●■
11.00am - 11.40am	Waist-away Abs/Sosa	A	Debbie	●●■
11.45am - 12.45pm	Zumba	A	Manuela	●●■
6.00pm - 7.00pm	Hatha Flow (Yoga)	A	Caroline	○●■

●	Calorie Burning	■	PPL Music Licensing Law
○	Resistance	■	PPL (Original Artist)
○	Gentle	■	PPL FREE (Non-Original Artist)
<b>PLEASE BOOK AT RECEPTION OR ONLINE FOR ALL CLASSES</b>			
A - All Adv - Advanced B - Beginners G - Gentle I - Intermediate			

## 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 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 6-8 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