



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEARN TO LIFT 07.00 - 08.00	FUNCTIONAL GYM 07.15 - 07.45	FUNCTIONAL GYM 07.15 - 07.45	FUNCTIONAL GYM 07.15 - 07.45	LEARN TO LIFT 07.00 - 08.00
KETTLES 09.15 - 10.00	SPIN 09.15 - 09.45	SEATED MOBILITY 09.15 - 09.45	BOXING 09.15-09.45	FUNC FITNESS 09.15 - 10.00
H.I.I.T 10.05 - 10.35	STRETCH & TONE 09.55 - 10.25	HYDRO STEP 09.50 - 10.20	STRENGTH & CORE 09.50 - 10.30	AQUA AEROBICS 10.05 - 10.30
SPIN 17.30 - 18.00	FUNC FITNESS 17.30 - 18.15	YOGA 10.00 - 11.00	ZUMBA 11.00 - 11.45	YOGA 10.30 - 11.30
RENEW/ MOBILITY 18.05 - 18.35	HYDRO STEP 18.25 - 18.55	FUNCTIONAL GYM 12.00 - 12.30	SPIN & CORE 17.30 - 18.10	FNCTIONAL GYM 12.00 - 12.30
YOGA 18.30 - 19.30		KETTLES 17.30 - 18.15	BOXING 18.15 - 18.45	
AQUA AEROBICS 19.00 - 19.30		SPIN 18.20 - 18.50	ZUMBA 18.00 - 18.45	
		PILATES 19.00 - 20.00	YOGA 19.00 - 20.00	
				SATURDAY
				FUNC FITNESS 08.15 - 08.45
				SUNDAY
				PILATES 10.00 - 11.00

**CLASSES FREE TO MEMBERS DURING THEIR MEMBERSHIP ENTRY TIMES**  
**£1 FOR MEMBERS OUTWITH THEIR MEMBERSHIP ENTRY TIMES**

Limited spaces available, book in for classes up to 3 days in advance online using the QR code.

**NON-MEMBER: £4 for 30min Class**  
**£5.00 for 45min Class / £7.00 for 60min Class.**

**Renew:** Foam rolling is a form of self-massage or self-myofascial release that can help loosen up tight muscles and "trigger points" that occur when contracted muscles fail to fully release. Suitable for all ability levels.

**Circuits:** In a typical circuit class, you will move from station to station trying various exercises for short periods of time. You will take on a range of cardio, resistance, and strength training exercises. A classic class that is as enjoyable as it is effective.

**Core:** An exercise session that strengthens the muscles of the torso, especially the lower back and abdominal area.

**Spin:** This low impact, high intensity cardiovascular workout is a highly popular indoor cycling class, which involves a mixture of endurance and high intensity interval training to music.

**Pilates:** A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

**Bar Pump:** A workout designed to improve your aerobic fitness, muscular strength, and muscular endurance using a weighted bar. It is a form of resistance training that exhausts muscles using light weights, while performing high repetitions.

**Stretch & Tone:** A low impact, low intensity class that will help tone your muscles, increase your range of motion, and improve flexibility.

**Legs, Bums & Tums:** A full body workout that aims to tone up those common problem areas of your thighs, glutes, and stomach, great for those who want to lose weight and/or simply want to improve their overall fitness levels. Ideal for all fitness levels.

**Bootcamp:** A fun class designed to push you to your limits using a variety of bodyweight, weighted and cardiovascular exercises to build your strength and fitness.

**Zumba:** An incredibly popular and exciting fitness class that combines Latin and international music with some great dance moves. Zumba routines incorporate interval training — with alternating fast and slow rhythms — to help improve cardiovascular fitness with some added fun.

**Kettles:** Feel great after a full body workout with just one piece of equipment! This class incorporates both resistance and cardiovascular training simultaneously through a variety of weighted swings and lifts that will enhance your strength, core stability and cardio endurance.

**Yoga:** Yoga is a discipline, a part of which, includes breath control, simple meditation, the adoption of specific bodily postures, and is widely practised for health and relaxation.

**Hydro Step:** Hydro Step is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval, Training, this class is suitable for groups and can be tailored.

**Learn To Lift:** An introduction to compound lifts using a barbell, suitable for beginners who want to learn how to lift weights and feel confident to carry out these exercises in a gym environment themselves. This class cannot be booked online, please speak with the leisure team to book this.



**SEAMILL HYDRO**  
HOTEL & RESORT