

NEW!



ZUMBA<sup>®</sup>  
fitness









LANGDALE

*the Spa*



Exercise Class Timetable

## Exercise Class Timetable

Monday	6.00pm - 7.30pm	<b>Boot Camp £4.50</b> Intended for those already in training, who wish to workout at higher impact - a guaranteed inch loss program. This 12 week course will help and motivate all the way to keep you exercising and progressing.
Tuesday	 6.00pm - 7.00pm	 <b>£4.50</b> An exciting new class that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
	7.15pm - 8.15pm	<b>AquaFit £4.50</b> Resistance exercises performed in the low impact environment of the pool.
Wednesday	 9.30am - 10.30am	 <b>£4.50</b> An exciting new class that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
	10.30am - 11.30am	<b>Weight Management £4.50</b> A combination of all the principles of exercise to ensure an effective exercise routine. All the major muscle groups are activated and reimbursed with energy. Some impact training involved.
	6.15pm - 7.15pm	<b>Spinning £4.50</b> Intense cardio workout, taking you on a journey over various terrains.
Thursday	10.30am - 11.30am	<b>Pilates £8.00</b> Focused on building strength without bulk, improving flexibility and agility and helping to prevent injury. It involves a series of controlled movements that engage both body and mind.
	6.00pm - 7.15pm	<b>Boot Camp £4.50</b> Intended for those already in training who wish to workout at higher impact - a guaranteed inch loss program, this 12 week course has help and motivation all the way to keep you exercising and progressing.
	 7.30pm - 8.30pm	 <b>£4.50</b> An exciting new class that fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
Friday	12.30pm - 1.30pm	<b>Swimfit £4.50</b> Exercise class in the Pool. Adults Only
	5.30pm - 7.00pm	<b>Yoga £6.10</b> A relaxing class utilising a blend of the various forms of this ancient art, designed to tone and stretch. Suitable for all levels.

### Exercise Class & Swim £7.00 per person

All classes **FREE** to **Spa Members** (excluding Yoga and Pilates)

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