

# Gym & Spa at Streatley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6.30 – 7.15 <b>Spin &amp; Tone</b> Jodie, Gym	6.30 – 7.15 <b>Boxercise</b> Jodie, Studio	6.30 – 7.15 <b>Spin &amp; Tone</b> Jodie, Gym	6.30 – 7.15 <b>Spin &amp; Abs</b> Hester, Gym	8.30 – 9.30 <b>Vinyasa Yoga</b> Emma, Studio	<b>SATURDAY</b> 9.00 – 9.30 <b>Pure Spin</b> Jodie/Hester Gym
9.30 – 10.30 <b>Hatha Yoga</b> Emma, Studio	8.45 – 9.15 <b>Soul Spin</b> Nicola, Gym	9.15 – 9.45 <b>Pure Spin</b> Jodie, Gym	9.15 – 10.00 <b>Soul Spin</b> Nicola, Gym	9.15 – 10.00 <b>Couch to 5K Running</b> Tracey, Outdoor	10.15 -11.00 <b>Boxercise/Circuits</b> Jodie/Hester Studio
11.00 – 11.30 <b>Pure Spin Blast</b> Jodie, Gym	9.15 – 10.00 <b>Soul Spin</b> Nicola, Gym	10.00 – 10.30 <b>Pure Spin</b> Jodie, Gym	9.15 – 10.15 <b>Yoga</b> Yasmin, Studio	10.30 – 11.30 <b>Pilates</b> Harry, Studio	12.00 – 12.45 <b>HIIT</b> Jodie/Hester Gym
	9.15 – 10.00 <b>RunFit</b> Tracey, Outdoor	10.00 – 11.00 <b>Hatha Yoga</b> Emma, Studio	10.15 – 11.00 <b>Pure Spin</b> Nicola, Gym	11.45 – 12.30 <b>Spin &amp; Tone</b> Jodie, Gym	1.00 – 4.00 <b>TEEN FIT *£5</b>
	9.45 – 10.45 <b>Vinyasa Yoga</b> Emma, Studio	10.30 – 11.15 <b>Suspended Movement</b> Harry Gym/Outdoor	11.00 – 12.00 <b>Pilates</b> Harry, Studio		<b>SUNDAY</b> 8.45 – 9.15 <b>Spin &amp; Tone</b> Donna, Gym
	12.00 – 1.00 <b>Yoga</b> Yasmin, Studio	11.30 – 12.00 <b>Suspended Movement</b> Harry Gym/Outdoor	12.00 – 12.45 <b>Ladies Who Lift</b> Hester, Gym	2.00 – 2.45 <b>Suspended Movement</b> Harry Gym/Outdoor	9.30 – 10.15 <b>Spin &amp; Tone</b> Donna, Gym
5.30 – 6.15 <b>Suspended Movement</b> Harry, Gym/Outdoor		2.15 – 3.00 <b>Ladies Who Lift</b> Hester, Gym			
6.30 – 7.30 <b>Pilates</b> Harry, Studio	7.00 – 7.30 <b>HIIT</b> Hester, Studio	5.30 – 6.30 <b>Vinyasa Yoga *£5</b> Emma, Studio	6.30 – 7.45 <b>Vinyasa Yoga</b> Suze, Studio		6.30 – 7.45 <b>Vinyasa Yoga</b> Suze, Studio
7.30 – 8.15 <b>Spin &amp; Tone</b> Gym		6.30 – 7.00 <b>Core HIIT</b> Hester, Gym	8.00 – 9.00 <b>Relaxed Yoga</b> Suze, Studio		8.00 – 9.00 <b>Restorative Yoga</b> Suze, Studio

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**Boxercise/Early Bird Boxing for Fitness** Enjoy the fitness benefits of boxing without the fight! An effective form of cross training; combining aerobic and anaerobic exercise, hand-eye co-ordination & balance. Working in pairs with pads and gloves, fun and fast paced session.

**HIIT** High Intensity Interval Training Using range of gym equipment, free weights and body weight for a total body workout.

**Ladies Who Lift** In this 45 minute session, you will learn how to lift free weights and how to use weights and resistance equipment safely. We will advise you on which weights to use, repetitions and sequences. Small group suitable for beginners to advanced.

**Pilates** A low impact class which will improve balance, co-ordination and lengthen and strengthen muscles for greater flexibility and tone. An excellent complement to physical activities such as running, cycling and rowing.

**Running Club** Small, friendly running group led by experienced marathon runner and running coach. In **Couch to 5K**, we will gradually increase the distance to avoid injury and introduce you to some great running routes. Class caters for all levels.

**Suspended Movement** Using suspension equipment fixed to points in the gym or outdoors; you will perform a series of movements working against resistance with your own body weight. A very effective way to gain strength and build muscle without impact.

Classes and instructors may change from time to time to accommodate holidays/absence

Please arrive ready to start your class promptly. Late arrivals may not be able to gain access and you may lose your place.

No mobile phones in classes, thank you.

**Pure Spin Blast** A great cardio and fat burning session that will improve your strength, stamina and endurance.

**Spin & Tone** 45 min session designed for those who like a challenge. High intensity 30mins on the bike to get the heart pumping, burn fat and tone up, followed by work on the mats to strengthen and tone the core muscles and upper body.

**Soul Spin** We crank up the volume in this fun, challenging session for those who love their music – think disco on a bike! A great cardio and fat burning workout that will improve your strength, stamina and endurance, whilst having fun!

**Flowing Vinyasa Yoga** This session concentrates on breathing and free flowing movement for a dynamic and stimulating yoga experience. The concentration required to complete the progressive routine means all other thoughts are banished for the duration of the session. This class is not suitable for beginners.

**Hatha Yoga** Improves strength, flexibility and co-ordination whilst calming the mind. Precision, posture and focus are emphasised to restore harmony to the body. Enjoy this class in the soothing surroundings of our riverside studio.

**Relaxed & Restorative Yoga** are fantastic end-of-day classes, aimed at quietening and soothing the mind whilst relaxing the body. Good for stability and flexibility, suitable for all levels.

**Saturday afternoon - Teen Fit\*\*** is not run as a class. It is a session for teenagers aged 14-16 years who wish to use the gym. Parent/s must be a current member and give signed consent. £5 per session, payable through your membership account.