



## theclub@chilworth-manor – Class Timetable

theclub  
@chilworth-manor

### Club Member Bookings

Classes can be booked 7 days in advance by contacting the club reception on:  
023 8076 3022

### Primary & Associate Members

All inclusive classes 7 days a week

### Midweek Members

Inclusive classes available Monday to Friday 9:15am – 4:30pm

### Aqua Aerobics Classes

Please note the entire pool is used for these classes.

Access to the Sauna, Steam Room and Spa Pool are available

### Hotel Guests

Club members have priority booking for classes. A £5.00 charge applies for hotel guests wishing to participate in a class.

Please check availability on the day of chosen class.

Monday	Class	Instructor
10:30am - 11:15am	Spin	Charlie
11:30am - 12:15pm	Aqua Aerobics	Jackie
11:30am - 12:30pm	Pilates	Charlie
6:10pm - 7:10pm	Pilates	Mandy
7:30pm - 8:15pm	Spin	Judy
Tuesday	Class	Instructor
10:15am - 11:15am	Yoga	Emma
11:30am - 12:30pm	Stretch Pilates	Charlie
1:00pm - 2:00pm	Stretch Pilates	Charlie
6:15pm - 7:15pm	20:20:20	Maria
6:15pm - 7:00pm	Aqua Aerobics	Sue
7:30pm - 8:15pm	Spin	Judy
8:25pm - 9:25pm	Pilates	Mandy
Wednesday	Class	Instructor
9:30am - 10:30am	Zumba	Tracy
10:30am - 11:15am	Aqua Aerobics	Jackie
10:45am - 11:45am	Yoga	Helen
12:30pm - 1:30pm	Pilates	Charlie
6:30pm - 7:20pm	Pilates	Hilary
7:30am - 8:30pm	Shape & Revive	Mandy
Thursday	Class	Instructor
9:45am - 10:30am	Aqua Aerobics	Charlie
12:25pm - 1:25pm	Pilates	Charlie
1:30pm - 2:15pm	Pilates	Hilary
2:20pm - 3:05pm	Pilates	Hilary
6:15pm - 7:15pm	Body Blast	Sue
7:30pm - 8:30pm	Freestyle Fitness Yoga	Jenny
7:30pm - 8:30pm	10 WK Weight Loss Course	Mark
8:30pm - 9:30pm	Back Care Clinic	Mark
Friday	Class	Instructor
9:30am - 10:15am	Zumba	Sassy
11:30am - 12:15pm	Pilates	Hilary
12:20pm - 1:05pm	Pilates	Hilary
1:15pm - 2:00pm	Spin	Charlie
2:00pm - 2:45pm	Aqua Aerobics	Jackie
Saturday	Class	Instructor
9:00am - 10:00am	Legs, Bums & Tums	Judy

# Class Timetable - Class Descriptions

## Back Care Clinic

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A drop in clinic aiming to help reduce back pain and aggravations. This is done through a series of exercises, stretches, discussions, and advice that will promote muscular strength, endurance, flexibility, improved posture and self management.

## Aqua Aerobics

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An excellent method of exercising which improves the fitness of the heart and lungs, tones the body and reduces fat. Our ozone cleansed pool offers the perfect arena for this class. The water supporting you and the body temperature kept low, this class offers members a great, fun workout.

## Shape & Revive

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A total body shaping package - half the class dedicated to shaping and toning your body using free weights. This part of the workout takes elements from the gym and the exercise studio and combines them to create an enjoyable and achievable workout. The remainder of the class combines elements of yoga and pilates to elongate your muscles and leave you feeling mentally refreshed and relaxed.

## Legs, Bums & Tums

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This class focuses on technique and toning rather than intensity; targeting specific problem areas. A short aerobic warm-up may be included followed by a series of exercises for legs, bums and abdominal areas.

## Freestyle Fitness Yoga

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A freestyle class that incorporates core stability, flexibility and strength. Using yoga postures, deep stretch and pilates exercises, without being a spiritual experience. No dogma, chanting or philosophy attached to this workout. Linked postures make this a truly challenging workout.

## Pilates

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Aimed at exercises to strengthen muscles such as the lower back and abdominals. This class is excellent for improving your posture whilst incorporating stretching moves which focus on core stability, along with breathing techniques.

## Spin

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A fantastic, high intensity class for those looking for an adrenalin fuelled workout. With exercises including, hill climbs, sprints, interval training plus many more, this class will ensure you come away completely worked out with a few miles under your belt!

## Yoga

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Focusing on alignment and well-being this yoga class encourages members to explore the relationship and connection between the mind and the body and to release the tensions we hold in each.

## 20:20:20

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Twenty minute segments incorporating cardio vascular, body toning and abdominal training exercises. A fantastic combo class suitable for all levels of fitness looking for a complete workout from top to bottom.

## Zumba ®

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Inspired by the traditional cumbia, salsa, samba and merengue music paired with pulsating Latin rhythms with the red-hot international dance steps; Zumba is the hottest new dance craze to hit the UK. Great fun whatever level of fitness you are!

## Body Blast

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Time to blitz that body! A total body conditioning class including muscle toning and abdominal floor work using various studio equipment. Suitable for all levels

## 10 Week Weight Loss Course

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A bespoke 10 week weight loss course covering all aspects of diet, nutrition and exercise to help you shift the weight you've always wanted to!

## Stretch Pilates

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A perfect class to make your muscles feel lengthened and your whole body more mobile ! We might even throw some relaxation in to help you feel totally relaxed and refreshed.