



CALCOT SPA  
**FITNESS**  
TIMETABLE

## Class Descriptions



### **Abs, Glutes and Thighs:**

A 45-minute triple threat workout that aims to strengthen and tone your abs, glutes and thighs through a variety of exercises.

### **Aerobics:**

Improve your fitness using rhythmic aerobic exercise with strength and stretching training routines.

### **Aqua:**

A low impact, pool-based class, with a mixture of cardiovascular and resistance exercises. Fantastic for all abilities and ages.

### **Body Blitz:**

A full-body, weighted class, where you will strengthen every muscle using a variety of equipment and come away feeling stronger than ever.

### **Body Conditioning:**

A full-body workout that uses a variety of equipment for full body toning but also incorporates some cardiovascular elements of training.

### **Body Extreme:**

Anything goes in this 30-minute, high intensity class, which will set you up for the rest of your day. With a mixture of weighted, bodyweight and cardio exercises, you will walk away with a feeling of accomplishment.

### **Broga:**

A functional fitness class for everyone incorporating traditional yoga, with a twist. It will improve your flexibility, range of movement and balance, leaving you feeling refreshed.

### **Calorie Blast:**

A class focused on the number of calories burned, calculated by the instructor. Expect cardio, bodyweight & even some weighted exercises, all completed in time periods.

### **Cardio Burn:**

If time is your issue, then this class is for you! With a mixture of cardiovascular and resistance exercises, this is high intensity with a capital H!

### **Core Control:**

Combines your traditional sit ups, with a variety of additional exercises, all aimed at strengthening your core, whilst redefining and sculpting your waistline.

### **Dance Fitness:**

Improve your fitness whilst dancing! Using choreographed routines to different genres of music, you will get a good workout as well as having fun.

### **HIIT:**

A high intensity class based around intervals that will challenge your cardio-vascular system and push your body to its limits.

### **Indoor Circuits:**

Circuits is designed to increase your fitness and endurance through a station-based format with full-body exercises.

### **Pilates:**

Focusing on re-balancing body alignment, you will learn about strength, breathing, balance, co-ordination, flexibility and core conditioning.

### **Pathway to Pilates:**

If you would like to try Pilates then Pathway would be a great place to start. Aimed at beginners, you will be guided through the basics.

### **Strength and Conditioning:**

Heavy compound movements to help improve general strength with a conditioning finisher. Strength training has many health benefits & can aid massively toward any sport or day to day living.

### **Stretch and Mobility:**

This slower-paced class is just what your body needs after a workout or for your everyday aches and pains. You will stretch the different muscles in your body and also work on improving your mobility.

### **Yoga:**

An ancient system of breathing practices, physical exercises, postures and meditation intended to integrate the practitioner's body, mind and spirit – For the more experienced Yoga fans.

### **Yoga for Improvers:**

Yoga for improvers is for those that already have some yoga experience but are looking for that little bit extra on how to perfect the ancient system of relaxing the mind and body through meditating poses.

### **Introduction to Yoga:**

If you would like to try Yoga then introduction to Yoga would be a great place to start. Aimed at beginners, you will be guided through the basics.

### **X-Fit:**

A cross section of heavy compound lifting & gymnastic based training. A high intensity class for beginners to intermediates.

