

EDEN HALL

# Sample Class Timetable

15.07.24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30 - 9:15 Members Fitness Pilates Caroline	8:00 - 8:45 Members Ballet Tone Charlotte	8:00 - 8:45 Members L.B.T Sandra	8:00 - 8:45 Members Body Power Callum	8:45 - 9:30 Members Indoor Cycle Sandra	8:45 - 9:30 Members Dance Fusion Charlotte
9:00 - 9:45 Step Charlotte	9:30 - 10:15 Lyft Fit Caroline	9:00 - 9:45 Step Callum	9:00 - 9:45 Body Blitz Sandra	9:00 - 9:45 Indoor Cycle Callum	9:45 - 10:45 Kettlebell Sandra	9:45 - 10:30 Step Charlotte
10:00 - 10:45 Yoga Niki	10:30 - 11:00 Indoor Cycle Caroline	10:00 - 10:45 Lyft Fit Charlotte	10:00 - 10:45 Kettlebell Sandra	10:00 - 10:45 Lyft Fit Callum	10:45 - 11:30 Yoga Jo	10:45 - 11:30 Yin Yoga Fiona
11:00 - 11:45 Kettlebell Charlotte	11:15 - 12:00 L.B.T Sandra	11:15 - 12:00 Fitness Pilates Caroline	11:00 - 11:45 Yoga Niki	11:00 - 11:45 Yoga Niki	11:45 - 12:30 Yoga Jo	11:45 - 12:30 Sound Healing Fiona
	12:15 - 13:00 Body Power Caroline		12:00 - 12:30 Stretch & Relax Callum	12:00 - 12:45 Yin Yoga Fiona		
				13:00 - 13:45 Sound Healing Fiona		
15:00 - 15:30 Meditation Callum	15:00 - 15:30 Meditation Louise	15:00 - 15:30 Meditation Caroline	15:00 - 15:30 Meditation Callum	15:00 - 15:30 Meditation Callum	15:00 - 15:30 Meditation Callum	15:00 - 15:30 Meditation Caroline
16:00 - 16:30 Stretch & Relax Sandra	16:00 - 16:45 Flow Yoga Louise	16:00 - 16:45 Fitness Pilates Caroline		16:00 - 16:30 Stretch & Relax Charlotte	16:00 - 16:30 Fitness Pilates Charlotte	16:00 - 16:45 Fitness Pilates Caroline
17:00 - 17:45 Body Sculpt Sandra		17:00 - 17:45 Body Power Callum	17:00 - 17:45 Fitness Pilates Callum	17:00 - 17:45 Step Charlotte	17:00 - 17:30 Stretch & Relax Callum	17:00 - 17:30 Stretch & Relax Caroline
18:00 - 18:45 Members Step Sandra	18:00 - 18:45 Members Yoga Niki		18:00 - 18:45 Members Indoor Cycle Callum	18:00 - 18:45 Members Ballet Tone Charlotte		

Please ensure you arrive at least 10 minutes before the class start time.

All classes are appropriate for all levels. These classes have been carefully designed to help you level up your fitness, improve your strength and revive your spirit! In the event of unforeseen circumstances, classes may be cancelled or changed without prior notice.



SCAN TO SEE...

Health and safety information and for what's on at Eden today!

# Find out more about our classes

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- Please read the Health & Safety information provided before use.
  - Please ensure you arrive at least 10 minutes before the class start time, setting up any equipment that may be needed. If there is a reserve list on the class, admittance with 3 minutes to go on the class start time will not be permitted. Late entries to classes will also not be permitted due to Health and Safety reasons.
  - Cleaning materials will be provided at the beginning and end of each class for you to clean your equipment.
  - Any classes or exercise activity undertaken at Eden Hall Day Spa is done at your own risk. No liability or responsibility will be taken for any injuries or other occurrences that happen during your session.
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## **BALLET TONE**

A blend of Ballet and Pilates movements in a high energy class. Aiming to improve coordination and balance, helping create longer and leaner muscles.\*

## **BODY POWER**

This class focuses on lifting technique and form, developing your confidence and strength. Helping you to lift heavier and safer, improving muscular strength and endurance.\*

## **DANCE FUSION**

A mix of dance and aerobic movements in a fun and energetic style.\*

## **FITNESS PILATES**

Fitness Pilates adapts and modifies the traditional exercises of Pilates to provide a more challenging class. This floor-based workout provides a platform to develop postural alignment, strength and endurance.\*

## **BODY SCULPT**

Designed to sculpt and shape your body, whilst gaining muscular strength and endurance. Incorporating exercises to tone and target specific muscle groups.\*

## **INDOOR CYCLE**

Using our signature spin bikes, this class is designed to combine high intensity cardio with endurance to rhythmic beats. Push your stamina to the limit as you lose yourself in the music during your ride.\*

## **BODY BLITZ**

This bodyweight class gets your heart and blood pumping, whilst you use your own body as the resistance. Push yourself to new levels as you sculpt and shape your body.\*

## **IRONCLAD ABS**

This class will concentrate on strengthening your core muscles, including your abdominal, back and pelvic muscles.\*

## **L.B.T**

This lower body and abdominal workout is programmed to shape and sculpt whilst also working to promote strength and core control.\*

## **LYFT FIT**

A weights-based class using barbells and/or dumbbells, to tone and condition the whole body. Using a variety of exercises this class will help shape and sculpt, whilst also improving muscular strength.\*

## **MEDITATION**

Let your mind and body truly relax during this class. Relieve any unwanted stress as you slow the pace down, leaving you feeling calmer and more focused.

## **PILATES**

Push yourself to new levels as you use body weight to teach your brain and body to work together. This floor-based workout provides a platform to develop postural alignment, strength and endurance.\*

## **STEP**

A classic cardio workout to boost your heart rate and breathing, whilst strengthening your muscles to rhythmic beats.\*

## **STRETCH & RELAX**

Take time to relax and unwind with this stretching based class, aimed at easing sore and tight muscles. Channelling your mind to the awareness of your body and how you feel.\*

## **KETTLE TONE**

A kettlebell specific class, including multiple exercises to help strengthen your entire body. Targeting the lower body, upper body and abs.\*

## **YOGA**

Energise and revitalise yourself so your mind and body are working as one. Calm meets strength and flexibility, as you take the pace out of life.\*

## **FLOW YOGA**

This class includes linked poses, asana breath work, embodied movement and meditation. Suited for all levels.\*

## **MINDFUL MOVEMENT**

Soothe your active mind, boost your immune system and balance the nervous system. Learn the art of conscious relaxation with gentle stretching, breath work, energetics and meditation. Suited for all levels.\*

## **YIN YOGA & SOUND HEALING**

Restorative yoga poses are held for a number of minutes followed by healing crystal sound bath to deepen the mind/body connection. Calm the nervous system and restore your wellbeing. Suited for all levels.\*

\* Some exercises may not be suitable for pregnancy, injuries, mobility and back issues. Please speak to a member of the gym team for more information.