



## EDEN HALL

NOTTINGHAMSHIRE

# Exercise Class Timetable

- Please wear suitable clothing and footwear to all classes, your instructor will advise you further on arrival.
- Please read the Health & Safety information provided before use.
- Please ensure you arrive for all classes no more than 10 minutes before the start time. Late entries to classes will 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00–8:45	8:00–8:45	8:00–8:45	8:00–8:45	8:00–9:00	8:30–9:15	
Yoga	Lyft Fit	Functional Tone	Mitt Fit	Member/Guest Interaction/ Induction	Functional Tone	
9:00–9:45	9:00–9:45	9:00–9:45	9:00–9:45	9:00–9:45	9:30–10:00	9:30–10:15
Indoor Cycle	Cardio Fit	Step	Lyft Fit	Indoor Cycle	Mitt Fit	Step
10:00–10:45	10:00–10:45	10:00–10:45	10:00–10:45	10:00–10:45	10:15–11:00	10:30–11:15
Lyft Fit	Indoor Cycle	Lyft Fit	Indoor Cycling	Lyft Fit	Indoor Cycle	L.B.T
11:00–11:45	11:00–11:45	11:15–12:00	11:00–11:45	11:00–11:45	11:15–12:00	11:30–12:30
Yoga	Yoga	Fitness Pilates	Step	Mitt Fit	Cardio Fit	Yoga
12:00–14:15	12:00–14:15	12:15–13:00	12:00–12:30	12:00–12:45	12:00–14:30	12:45–13:15
Member/Guest Interaction/ Induction	Member/Guest Interaction/ Induction	Mitt Fit	Stretch & Relax	Holistic Mix	Member/Guest Interaction/ Induction	Meditation
14:15–14:45	14:15–14:45	14.30–15:00	14:30–15:00	14:15–15:00	14:30–15:00	14:30–15:00
Meditation	Meditation	Abs and Glutes	Meditation	Fitness Pilates	Meditation	Stretch & Relax
15:00–15:30	15:00–15:30	15:15–16:00	15:15–16:00	15:15–16:00	15:15–15:45	15:15–16:00
Stretch & Relax	Stretch & Relax	Fitness Pilates	Fitness Pilates	Yoga	Stretch & Relax	Pilates
16:00–16:45	16:00–16:45	16.15–16.45	16:15–17:00	16:15–17:00	16:00–16.45	16:15–16:45
Bootcamp	Fitness Pilates	Stretch & Relax	Yoga	Yoga/Pilates	Yoga	Stretch & Relax
17:00–17:45	17:00–17:45	17:00–17:45	17:15–18:00	17:15–17:45	17:15–17:45	
Lyft Fit	Lyft Fit	L.B.T	Yoga/Pilates	Stretch & Relax		
18:00–18:45	18:00–18:45	17:45–18:30	18:00–20:00	18:00–19:00		
Combat	Yoga	Indoor Cycling	Member/Guest Interaction/ Induction	Yoga		

All classes can be done from the novice to advanced person.  
 These classes have been carefully designed to help you level up your fitness, improve your strength and revive your spirit!



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## Exercise Class Descriptions

- E. H **Abs and Glutes** - This class will focus on trimming and toning the core of the body - abdominals, lower back, hips, glutes, and thighs.
- E. H **Bootcamp** - A boot camp workout is basically a type of high-intensity interval training (HIIT) - bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multijointed exercises that simulate movements people do in life
- E. H **Clubbercise** - A dance-based fitness class, built on dance anthems. Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session can burn around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels. Classes are held in a darkened room with disco lights and our trademark LED glow sticks.
- E. H **Combat** - A cardio-based class incorporating martial arts moves in a sequence-based approach. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E. H **Circuit Training** - A circuit-based class incorporating cardio and resistance-based exercises. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E. H **Cardio fit** - A cardio and strength exercise class based on interval training; short sections of work followed by short rest. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E. H **Fitness Pilates** - Core based workout, conditioning the muscles around posture (tummy, shoulders, knees, hips, back). **Not suitable for some stages of pregnancy, injuries, some mobility issues, and back issues, please speak to the gym team if unsure.**
- E. H **Functional Tone** - Full body conditioning workout utilizing functional movements that may occur in everyday life. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E. H **Holistic Mix** - A blend of Tai Chi, Yoga and Pilates based moves to music, to strengthen, stretch and relax the body. **Some exercises not suitable for pregnancy, see gym team if unsure.**



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- E.H **Indoor Cycle** - Legs, lungs and loads of sweat! This fast and furious workout will drive that heart rate high for sure, with sweat dripping as you push yourself to some of the best anthems and tunes!
- E.H **L.B.T** - A conditioning class to tone and shape your legs, bums and tums. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E.H **Lyft Fit** - A weights-based class using barbells and/or dumbbells to tone and condition the whole body.
- E.H **Meditation** - This class all about focusing and calming the mind. Suitable for all.
- E.H **Member/Guest interaction**- An opportunity for members and guests to receive advice on training and fitness in our beautifully designed gym. Let us help you become a better version of yourself physically, mentally and spiritually.
- E.H **Mitt Fit** – This class is based on the training concepts boxers use to keep fit. Classes can take a variety of formats and may involve shadowboxing, skipping and hitting pads.
- E.H **Pilates** - Strengthen your body with this class using a variety of Pilates moves. This session enhances core strength helping improve wellbeing and general fitness! **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E.H **Step** - Take yourself back to the 80's with this classic step aerobics class! Although the music may have changed, the step hasn't.
- E.H **Stretch & Relax** - Gentle stretch and relaxation class designed to unwind and loosen the body in a calming atmosphere.
- E.H **Yoga** - A class to find strength and stillness using yoga-based moves. **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**
- E.H **Yoga / Pilates** - A class to find strength and stillness using yoga-based moves or a core-based workout, conditioning the muscles around posture (tummy, shoulders, knees, hips, back) **Some exercises are not suitable for pregnancy, please speak to the gym team if unsure.**