

# CLASS TIMETABLE

Springs classes take place in our hotel conference rooms, therefore days and times of individual classes may alter due to room availability. Please ensure you pre-book your place to attend classes to receive communication about any changes.

MONDAY	TUESDAY	WEDNESDAY
10.00 - 11.00 Pilates	10.00 - 12:00 Swim Babies	10.00 - 11.00 Aqua Aerobics
11.15 - 12.00 Aqua Aerobics	18.30 - 19:30 Boxerfit	18:00 - 19:00 HIIT & Core
18:00 - 18:45 Total Body Conditioning		
WEEKEND		
THURSDAY	FRIDAY	SATURDAY
10.00 - 12:00 Swim Babies	10.00 - 11.00 Aqua Aerobics	10:30 - 11:15 Bootcamp
16.00 - 19:00 Swim Lessons	19.00 - 19.45 Spin@Forum Studio	12.00 - 14:30 Swim Babies
18:00 - 19:00 Step Bums & Tums		
SUNDAY		
		09.00 - 14:00 Swim Lessons

## CLASS TIMETABLE GUIDE

<b>PILATES</b> Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.	<b>SPIN</b> A high energy team 'trip' on stationary bikes. This class is tailored to your own level and is sure to develop your cardiovascular fitness and lower body strength, whilst burning calories.	<b>HIIT</b> HIIT (high-intensity interval training) is a full body workout that caters to all fitness levels and is designed to take your body to the limit, consisting of a variety of body weight exercises and equipment based exercise alternating between high intensity intervals working at maximal effort followed by short rest periods.
<b>AQUA AEROBICS</b> A gentle, fun and effective water based class suitable for all levels of fitness and especially good for joint problems. Also suitable for pre and post-natal exercise.	<b>CORE STRONG</b> Core strong is a full body work-out designed to improve your overall fitness, increase strength, power, flexibility and balance. It is about engaging your full body and utilising your core, back, hips, glutes and legs to their full capability.	<b>BOOTCAMP</b> Our summer bootcamp sessions focus on military-style exercises and functional movements like push-ups, squats, sprints, and sit-ups, providing a killer workout and a chance to sweat outside the gym. Bootcamps run weekly until 25th August, weather permitting.
<b>TOTAL BODY CONDITIONING</b> Total body conditioning is an all over body workout done in a circuits style class with high reps and minimum recovery period. This type of training keeps your heart rate up and conditions the muscles due to the high number of reps.	<b>BOXERFIT</b> A form of fitness training that involves boxing concepts like punching, skipping, ducking, weaving, killer combinations, speed, agility, endurance, power and balance. It's a non-contact activity – when working in pairs, the puncher is aiming for pads held by the pad-holder, not their face! Classes typically use the jab, cross, head hook, body hook, and uppercut in combination with other exercises to maintain a constant workout. Think burpees, skipping, shuttle runs, push ups and the like, aiming to work both aerobically (heart-pumping endurance) and anaerobically (short bursts of power).	<b>STEP BUMS &amp; TUMS</b> Low impact high energy workout that uses a height adjustable step and moves to improve general fitness and tone the legs, bum and tum. If you want to concentrate on toning your lower body while improving your fitness levels, step bums and tums is the class for you. No matter what your fitness level, you can take part in our class to achieve all over toning and fitness.

Cycling	HIIT	Strength & Conditioning	Mind and Body	Water Based Activity	Cardio
---------	------	-------------------------	---------------	----------------------	--------