



# CLASS TIMETABLE

## MONDAY

- 7.30am (45mins) **Pilates** with *Natasha Burgess* M S
- 8:30am (45mins) **Pilates** with *Natasha Burgess* S
- 10am (60mins) **Strength Conditioning** (over 55s) with *Megan Martin* T S
- 11.15am (45mins) **Zumba** with *Natasha Burgess* S
- 5.15pm (60mins) **Moon Practise Hatha Yoga** with *Natasha King* M S
- 6.30pm (60mins) **Meditation** with *Natasha King* S

## TUESDAY

- 8.30am (60mins) **Sun Practice Hatha Yoga** with *Natasha King* S
- 9.15am (60mins) **Intermediate Tennis Coaching** \*please see booking system to check time as this changes between term and holiday times\* with *Rob Cook* M T
- 10am (60mins) **Energising Wake Up Yoga** with *Jessica Wright* S
- 11.15am (45mins) **All Style Dance Workout** with *Natasha Burgess* S
- 12.15pm (60mins) **Full-Body Workout** with *Megan Martin* S
- 5pm (45mins) **Pilates** with *Natasha Burgess* S

## WEDNESDAY

- 8am (60mins) **Pilates** with *Megan Martin* S
- 8am (60mins) **Coast & Cardio Beach Walk** with *Natasha Burgess* T
- 9.15am (60mins) **Pilates** with *Megan Martin* S
- 9.15am (60mins) **Beginners & Rusty Rackets Tennis Coaching** with *Julie Williams* M T
- 10.30am (60mins) **Silver Swans Ballet** with *Natasha Burgess* S

## THURSDAY

- 7.30am (60mins) **Energising Wake Up Yoga** with *Jessica Wright* S
- 9.30am (60mins) **Full-Body Workout** with *Jessica Wright* M S
- 5pm (60mins) **Align & Flow Yoga** with *Jessica Wright* S

## FRIDAY

- 8.15am (60mins) **Feel-Good Friday Flow Yoga** with *Jessica Wright* M S
- 9.30am (60mins) **Feel-Good Friday Flow Yoga** with *Jessica Wright* S
- 10am (60mins) **Strength Conditioning** (over 55s) with *Megan Martin* T S
- 11.15am (60mins) **Strength Conditioning** (over 55s) with *Megan Martin* T S
- 6pm (60mins) **Breathwork** with *Natasha King* S

## SATURDAY

- 8am (45 mins) **Active Pilates (advanced)** with *Anna Weller* M S
- 9am (45 mins) **Pilates** with *Anna Weller* S
- 5pm (60mins) **Moon Practise Hatha Yoga** with *Natasha King* S

## SUNDAY

- 10am (60mins) **Yin Yoga** with *Natasha King* S

## KEY

- Members-only class M
- Class held at the gym T
- Suitable for children T
- Class held at the studio S
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- Class held on the tennis court T

# CLASS DESCRIPTIONS

**PILATES** 🧘 Be kind to your body with this low impact, physical conditioning and wellbeing class for all levels.

**SUN PRACTICE HATHA YOGA** 🧘 Yoga practice to cultivate energy, create positivity and move you if you feel a little lazy or stagnant. Uses asana and breathwork then culminates in meditation.

**MOON PRACTICE HATHA YOGA** 🧘 Leave worries and stresses behind using movement, breathwork and meditation to reconnect with the body, calm the mind and feel more serene and stable.

**YIN YOGA** 🧘 A deeply nurturing practice using mostly floor-based asana. Positions are held for longer periods of time, using stillness and time to cultivate calm in body and mind. Ends with Yoga Nidra guided meditation. Bring props if you have them, though not essential.

**ENERGISING WAKE UP YOGA** 🧘 Energise, invigorate and prepare your body for the day ahead with this dynamic and fun vinyasa yoga class.

**ALIGN & FLOW YOGA** 🧘 This high energy class uses breath and movement to bring your body back into alignment at the end of the day.

**FEEL-GOOD FRIDAY FLOW YOGA** 🧘 🏠 An uplifting vinyasa yoga class designed to connect you to your body and breathing, while harnessing your inner energy, strength and wellbeing.

**MEDITATION** 🧘 Step away from the constant distractions and demands that occupy the mind. Meditation can help calm the nervous system, reduce stress and anxiety and increase self-awareness.

**FULL-BODY WORKOUT** 🏃 🏠 This total-body workout caters for all fitness levels. It targets abs, glutes, strength and cardio, guaranteeing an endorphins high.

**ALL STYLE DANCE WORKOUT** 🎶 🧘 A multi-layered, multi-genre, music-driven dance fitness class. Consider it a cardio workout to some of your favourite tunes.

**SILVER SWANS BALLET** 🎭 🧘 Ballet for those aged over 50. Whether you're an experienced dancer, have briefly dabbled or are a complete novice, all abilities are welcome.

**STRENGTH CONDITIONING (FOR OVER 55S)** 🏋️ A class dedicated to those aged 55 or over, with a special emphasis on whole-body movement and strength exercises that imitate or replicate real life movements. Includes posture correction, balance and stability.

**INTERMEDIATE TENNIS COACHING** 🎾 🧘 Class for those who would consider themselves at intermediate level. You'll improve your technique and tactical awareness in a court with wonderful views. Sessions are led by Rob, who has over 13 years of coaching experience.

**BEGINNERS & RUSTY RACKETS TENNIS COACHING** 🎾 🧘 Class for complete beginners and those who haven't played in a while and looking to get back in the swing of it. You'll improve your technique and tactical awareness in a court with wonderful views.

**COAST & CARDIO BEACH WALK** 🏃 🧘 This energetic walk guides you through epic dunes and along the beach come rain or shine! Feel great as you inhale fresh salty sea air and sink your toes in the sand.

**ZUMBA** 🎶 🧘 Dance your way through the day with this cardio and Latin-inspired dance class which includes salsa, merengue, samba and more.

**ACTIVE PILATES (ADVANCED)** 🧘 🏠 This class makes your core muscles work as it to respond to active movement, sometimes using equipment such as free weights. It will train your body to move energy from upper to lower limbs using your core and provide a cognitive boost.

**BREATHWORK** 🧘 Learn to actively connect with your breathing, calm your nervous system, improve your physical and mental health and create a deeper sense of wellbeing.

## KEY

### CARDIO

Aerobic exercise to increase your heart rate to burn fat, improve cardiovascular health and all-round fitness.

### STRENGTH + TONE

Increase muscle mass to burn fat and create a leaner physique, plus improve balance, build stronger bones and joint flexibility.

### FITNESS FOR FUN

Let go, smile, laugh and be silly with likeminded people while increasing your heart rate. A great practice to de-stress and improve your mood.

### SKILLS

Enhance mental cognition alongside fitness as you learn something new or hone your skills.

### MIND, BODY + SOUL

Nurture your entire being by relaxing, stretching and restoring.