

HEADLAM HALL

COUNTRY HOTEL & SPA

ACTIVITY TIMETABLE

CLASS DESCRIPTIONS

TAI CHI

A relaxing mind & body class to combat stress and strains of modern society. It gently tones and strengthens the whole body, improving posture and balance.

PILATES

'If you are a beginner to Pilates it is advisable to attend the class for beginners'. An exercise method to realign and evenly condition the body through controlled movements. Targeting the core muscles to achieve a well defined, lean body shape and improving posture and flexibility.

AQUA

A fun water-based workout to music, concentrating on muscle tone and fitness. A great choice for non-swimmers, pre/post natal and those with joint problems or injuries.

PUMP FIT

An all over body toning session, pump is designed to target all of the major muscles in the body, using light weights with lots of repetitions this workout will leave you feeling energised and toned. Give it a try and see the results for yourself, for all levels of fitness, even the complete beginner.

YOGALATES

Is a combination of Yoga, Tai Chi, Pilates that builds flexibility, strength and tones muscles. A carefully structured series of stretches, moves and poses to music creating a holistic workout that brings the body into a state of harmony and balance, Great for wellbeing.

FIGHTING FIT

High energy martial arts inspired work out that is totally no contact. Punch and kick your way to fitness.

15/15/15

Total body fitness, consisting of 3 elements lasting 15 mins each ,aerobic, toning and core exercises.

YOGACISE

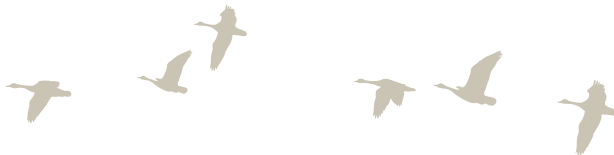
A fusion of yoga with a little Pilates aiming to tone your body and build strength.

BARRE

Is a ballet inspired workout using your own bodyweight as resistance. It focuses on isometric strength training combined with high reps of small movements to help reduce body fat, create long, lean muscle and improve posture and alignment.

STUDIO TIMETABLE

Monday	Tai Chi	10.30am - 11.30am	Ken
Monday	Barre	6.00pm - 7.00pm	Olivia
Monday	Barre	7.00pm - 8.00pm	Olivia
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Tuesday	Aqua	9.15am - 9.45am	Cheryl
Tuesday	Pump Fit	10.00am - 11.00am	Cheryl
Tuesday	Yogalates (Beginners)	11.00am - 12.00pm	Cheryl
Tuesday	Pilates (Mixed)	5.30pm - 6.30pm	Ann
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Wednesday	Pilates (Beginners)	9.30am - 10.30am	Ann
Wednesday	Pilates (Intermediate)	10.30am - 11.30am	Ann
Wednesday	Pilates (Mixed)	11.30am - 12:30am	Ann
Wednesday	Fighting Fit	5.30pm - 6.15pm	Cheryl
Wednesday	Yogacise	6.15pm - 7.00pm	Cheryl
Wednesday	Pump Fit	7.00pm - 7.45pm	Cheryl
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Thursday	Aqua	9.15am - 9.45am	Cheryl
Thursday	Pump Fit	10.00am - 11.00am	Cheryl
Thursday	15/15/15	11.00am - 11.45am	Cheryl
Thursday	Body Control) Pilates (beginners)	5.00pm - 6.00pm	Sarah
Thursday	Body Control) Pilates (Inter)	6.00pm - 7.00pm	Sarah
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Friday	Aqua	9.15am - 9.45am	Cheryl
Friday	Yogalates	10.00am - 11.00am	Cheryl
Friday	Yogacise	11.00am - 11.45am	Cheryl
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Saturday	Pilates (Mixed)	9.00am - 10.00am	Ann
Saturday	Pilates (Mixed)	10.00am - 11.00am	Ann





Full members may book and participate in 4 classes a week

Off Peak members may book and participate in 3 classes a week

All Aqua classes are a maximum of 12 people

Studio classes are a maximum of 10 people
(Except Pilates & Tai Chi)

Class booking may be made from 8am Sunday onwards for classes that week

Unfortunately we are unable to accept messages left on the answer machine for class bookings

For health and safety reasons can we please ask that you do not queue on the staircase

Please see the studio notice board for any changes to the timetable

Thank you

HEADLAM HALL

COUNTRY HOTEL & SPA

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