

Winter 2018/19 Class Timetable

	Early Morning Classes	Late Morning Classes	Early Afternoon Classes	Late Afternoon Classes	Evening Classes
Monday	07.00-07.30 Cardio kick 07.45-08.15 Spin 09.30-10.00 Step	10.15-11.00 Abs, back & core	12.15-13.15 Pilates (Ebru) 13.30-14.15 Body conditioning	15.30-16.15 Abs blast	17.30-18.30 20/20/20 19.00-20.00 Pilates (Ebru)
Tuesday	07.00-07.30 Spin 07.45-08.30 Hydro circuits 09.30-10.00 Boxfit	10.15-11.15 20/20/20	12.00-12.45 Spin 13.00-13.30 Lower body 14.30-16.00 Yoga (Sam)	16.30-17.30 Pilates (Sam) 17.45-18.15 Cardio kick	18.30-19.15 Arms, back & core 19.30-20.00 Weight warriors
Wednesday	07.00-07.30 Barbell blast 07.45-08.15 Spin 09.30-10.00 Cardio kick	10.15-11.00 Legs, bums & tums	12.15- 13.15 Pilates (Ebru) 13.30-14.15 Body conditioning 15.00-15.45 Fit & functional		18.00-18.45 Spin 19.00-19.45 Boxfit
Thursday	07.00-07.30 Circuits 07.45-08.30 Hydro circuits 09.30-10.00 Barbell blast	10.15-11.00 Kettlebells 11.00-12.15 Tai Chi	12.30-13.15 Spin 13.30-14.15 Weight warriors 14.30-16.00 Ashtanga Yoga (Suzanne)	17.45-18.15 Glow fit	18.30- 19.00 Step 19.30-20.30 Hot yoga (Suzanne)
Friday	07.00-07.30 Spin 07.45-08.15 HITT 09.30-10.00 Lower body	10.15-11.00 Circuits	12.00-12.45 Abs, back & core 13.00-13.30 Spin 14.30-16.00 Yoga	17.30-18.00 Spin	18.15-19.00 Body conditioning 19.15-19.45 Barbell blast
Saturday	08.15-08.45 Circuits 09.30-10.30 20/20/20	11.00-11.30 Abs blast		14.00-15.15 Yoga (Suzanne)	
Sunday	09.00- 09.30 Cardio kick	10.00-10.45 Legs, bum & tums 11.00-11.45 Boxfit		15.00- 15.30 Spin 16.00-16.45 Fit & functional	

 **High Intensity**

 **Medium Intensity**

 **Low Intensity**

All class descriptions can be found on the reverse. Please visit our online class booking system to see class booking terms & conditions.

Our team also offer Personal Training, allow us to cater to your individual needs with a one to one session. Please ask a member of the team for further information.

Please note if any of our instructors should be unable to conduct classes due to holiday/sickness a class may be replaced with a similar alternative.

CONISTON CLASS DESCRIPTIONS

CARDIO KICK - High intense blast to get the heart and lungs working to improve your cardiovascular system.

GLOW FIT - Designed to work you out in the dark with glow sticks, giving you a club environment. You'll de-stress and enjoy an endorphin buzz.

LOWER BODY - Focusing on all areas of the lower body, making sure you feel the burn.

BARBELL BLAST- A mixture of aerobic and toning exercises using barbells to give an overall body workout.

HIIT- A 30 minute high intensity workout that will burn fat and tone your muscles.

CIRCUITS - Aimed to improve general fitness and muscular endurance, using a variety of equipment, set up in a circuit format.

STEP AEROBICS - A type of aerobics that involves stepping up on to and down from a portable block.

BOXFIT - A class designed to increase personal fitness, body composition and balance using boxing based training.

ARMS, BACK & CORE- By giving your arms a full workout, your abdominals will still be targeted.

SPIN - Using a special stationary exercise bicycle with a weighted flywheel you will be tested on speed and stamina.

HYDRO CIRCUITS/AQUA- A circuit based class using water as resistance. Ideal for low impact training.

ABS BACK & CORE - To strengthen your core by providing a complete workout designed to target your abdominals.

YOGA - Blends balance, strength, flexibility and power in a fitness format.

BODY CONDITIONING - A High Intensity Sports Training class focusing on strength, cardio and functional training exercises.

KETTLEBELLS -A total body workout focused on a single piece of equipment to improve strength and stamina.

LEGS BUMS & TUMS - This class specifically focuses on the lower muscle groups resulting in improved muscle strength, endurance and tone.

PILATES - This Pilates mat work class focuses on stabilizing and strengthening core muscles, improving flexibility and correcting posture using your body weight.

20/20/20 - A 60 minute class broken down into cardio vascular, aerobic and anaerobic exercises

FIT & FUNCTIONAL - Every day exercises put into weight training, focusing on keeping your joints mobile.

WEIGHT WARRIORS - This class will help you with your healthy eating and enable you to track your progress.

TAI CHI - A series of movements performed in a slow, focused manner and accompanied by deep breathing

Class Key

- **High Intensity**
- **Medium Intensity**
- **Low Intensity**



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