

# CLASS DESCRIPTIONS

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## Cardio

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**Aqua Fit/Aerobics:** An all over body workout in the water. Good for your body and joints.

**Body Combat:** BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Spinning:** The ultimate high energy workout on indoor cycles, with energetic music to keep you motivated and makes your legs beg to pedal.

## Toning

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**Body Pump (Express):** The original barbell class that strengthens your entire body. Challenges all your major muscle groups.

**Core Blimey:** A 30 minute core workout firing the abdominal muscles and the core, using equipment such as stability balls and discs.

**Trim & Tone:** A low impact but hard workout class. This combines all over toning plus fat burning performed with different exercises every session!

## Interval/Strength

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**Body Blast:** A high energy, workout combining several exercise elements and equipment making you work a huge range of muscle groups and target and tone the entire body.

**HIIT:** High Intensity Interval Training alternates between short intense activity and less intense recovery periods. This workout provides improved athletic capacity and condition, improved glucose metabolism and improved fat burning.

**HIIT Circuits:** A high intensity circuit class working all muscle groups and combining both cardio and strength exercises.

**Metabolic Madness:** A full body workout involving high intensity blasts, toning exercises that help build strength and power and providing an upbeat workout.

**Super Circuit:** A mix of high/low impact stations including cardiovascular, muscle tone and core strength exercises.

## Mind and Body

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**Hatha Yoga:** This form of yoga leads to specific structured poses and other activities that help with body and mind "purification" through principles like asana (postures), pranayama (subtle energy control) and more.

**Pilates:** Improves core strength, posture and flexibility, for all levels of ability. A gentle and effective exercise class that involves movement of the full body. Exercises the mind and body.

**Yoga – All Ability:** Yoga is an ancient form of physical exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of well being. Classes are dynamic and suitable for all levels.

# CLASS TIMETABLE

**theclubandspa**

AT DOUBLETREE BY HILTON CHESTER

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## Spa Treatments Available

See Reception for Member Offers.  
Members Receive 20% Discount  
Monday to Thursday.

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If you are unable to make it to a class, please call and let us know as we may be able to call another member who is on the waiting list. All classes must be booked to reserve your place, this can be done up to 6 days in advance.

Please notify us if you are unable to attend as soon as possible prior to the class commencing on 01244 40 88 40.

theclubandspa, Warrington Rd, Chester, CH2 3PD

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| www.theclubandspachester.co.uk |

# GROUP FITNESS TIMETABLE

## MONDAY

07:00 – 07:45	<b>Super Circuit</b>	Stuart
09:15 – 10:15	<b>Trim &amp; Tone</b>	Julie
10:15 – 11:00	<b>Spin &amp; Tone</b>	Julie
12:30 – 14:00	<b>Hatha Yoga</b>	Luos
18:00 – 18:45	<b>Spinning</b>	Sarah
19:00 – 19:45	<b>Body Combat</b>	Sam
19:00 – 19:45	<b>Aqua Aerobics</b>	Chris
20:00 – 21:00	<b>Pilates</b>	Claire

## TUESDAY

06:45 – 07:30	<b>Body Pump</b>	Tersia
09:00 – 09:45	<b>Aqua Aerobics</b>	Claire
09:15 – 10:00	<b>HIIT STEP</b>	Ruby
10:00 – 10:45	<b>Clubbercise</b>	Ruby
11:00 – 12:00	<b>Pilates</b>	Mo
12:15 – 13:15	<b>Yoga</b>	Lisa
18:15 – 19:00	<b>Body Combat</b>	Sam
19:15 – 20:00	<b>Body Pump</b>	Steve

## WEDNESDAY

07:00 – 07:45	<b>HIIT</b>	Steve
09:15 – 10:00	<b>Body Combat</b>	Tracey
10:05 – 10:50	<b>Body Pump</b>	Tracey
11:30 – 12:30	<b>Pilates</b>	Claire
18:00 – 18:45	<b>Spinning</b>	Steve
19:00 – 20:30	<b>Yoga</b>	Lisa

## THURSDAY

07:00 – 07:45	<b>Spinning</b>	Lizzie
09:00 – 09:45	<b>Aqua Aerobics</b>	Claire
10:00 – 11:00	<b>Trim &amp; Tone</b>	Claire
11:15 – 12:00	<b>Body Pump</b>	Steve
12:15 – 13:15	<b>Yoga</b>	Chris*
18:00 – 19:00	<b>Body Pump</b>	Steve
19:00 – 19:45	<b>Spinning</b>	Steve

## FRIDAY

07:00 – 07:45	<b>Super Circuits</b>	Fitness Team
09:15 – 10:00	<b>Metabolic Madness</b>	Tracey
17:00 – 17:45	<b>Spinning</b>	Steve
17:45 – 18:30	<b>Body Pump</b>	Steve
18:45 – 19:30	<b>Body Combat</b>	Sam

## SATURDAY

08:15 – 09:00	<b>Spinning</b>	Steve
09:15 – 10:00	<b>Body Pump</b>	Steve
10:15 – 11:15	<b>Body Combat</b>	Sam
11:30 – 12:30	<b>Stretch &amp; Relax</b>	Chris

## SUNDAY

09:00 – 09:45	<b>Spinning</b>	Hannah
16:30 – 17:30	<b>Body Pump</b>	Steve

All classes are held in the studio  
Aqua Aerobics is held in the main  
pool.

Please Note: Class times & durations may have been altered in accordance with guidelines and restrictions.

**BOOKING FOR ALL CLASSES IS ESSENTIAL**  
Please remember to cancel your place on a class if you are unable to attend

**theclubandspa**  
AT DOUBLETREE BY HILTON CHESTER

  
**DOUBLETREE**  
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HOTEL & SPA CHESTER