

RUDDING PARK

— SPA —

WELLNESS WEEK TIMETABLE

5 MARCH - 8 APRIL 2018
GYM OPENING TIME 6.30AM - 9PM

	Time	Class	Location	Instructor
Monday	11am - 11.45am	Functional Circuits	Studio	Matthew Birch
	12noon - 12.30pm	Stretch Class	Studio	Matthew Birch
	2.30pm - 3.45pm	Total Body Tone	Studio	Elishea Boswell
	6pm - 7.30pm	Yoga	Studio	Margot Richardson
Tuesday	9.30am - 11.am	Yoga	Studio	Margot Richardson
	11am - 11.30am	Step Fit	Studio	Elyse Shankland
	11.30am - 12.30	Pilates	Studio	Elyse Shankland
	6.15pm - 7pm	Cardio and Strength	Studio	Matthew Birch
Wednesday	6.30am - 7.15am	HIIT	Studio	Elishea Boswell
	10am - 11am	Legs, Bums and Tums	Studio	Richard Benson
	11am - 11.45am	Posture	Studio	Richard Benson
	6pm - 6.30pm	TRX	Studio	Richard Benson
	6.30pm - 7.30pm	Pilates	Studio	Richard Benson
Thursday	10am - 10.45am	Legs, Bums and Tums	Studio	Richard Benson
	11am - 12noon	Yoga	Studio	Margot Richardson
	1.30pm - 3pm	Yoga	Studio	Margot Richardson
	6.30pm - 7pm	Fast Abs	Studio	Elishea Boswell
	7pm - 7.45pm	Total Body Tone	Studio	Elishea Boswell
	8pm - 9.30pm	Yoga	Studio	Margot Richardson
Friday	11am - 12.15pm	Yoga Flow (16, 23, 30 Mar & 6 Apr)	Studio	James Burford
Saturday	10am - 11.30pm	Yoga (10, 17 & 24 March)	Studio	Cathy Jeffkyns
	10am - 11.00am	Yoga (31 March & 7 April)	Studio	Karen Nally
Sunday	10am - 11.30am	Yoga (11, 18, & 25 March)	Studio	Cathy Jeffkyns
	10am - 11.am	Yoga (1 & 8 April)	Studio	Karen Nally

If there are no bookings 24hrs before a class is scheduled the class will be cancelled.

If you fail to attend a class for which you signed up a £5 charitable donation will be chargeable.

Art of Aufguss is performed in our Panoramic Sauna throughout the week - please enquire at Spa Reception.

How to Book

- Book at Spa Reception or call 01423 844840 option 1 (available to book up to two weeks in advance).
- As class numbers are strictly limited, we recommend you reserve your place.
- It is not necessary to book for Art of Aufguss.

Class Etiquette

- Please arrive five minutes before the class is due to start to allow for a prompt start time.
- We reserve the right to refuse admission to the class after the advertised start time.
- Please inform the instructor if you have high blood pressure, are taking medication, have any injuries or have recently undergone surgery.

The timetable will evolve following feedback and the demand for certain classes, times of the day and days of the week.

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WELLNESS WEEK CLASS DESCRIPTION

Class	Description
Art of the Aufguss	The Master of Aufguss uses essential oils to create a stimulating environment within the sauna, circulating aromatic air using a towel-waving technique. This leaves the audience both mentally and physically revived. It can also improve cardiovascular strength, boost the immune system, and alleviate stress and pain.
Cardio and Strength	Build strength and endurance and improve your heart and lung health.
Core Stability	Designed to elongate and reintroduce your body's postural alignment. Improved balance, coordination and build strong tension free muscles
Functional Circuits	A physical training program conducted with a wide range of equipment including Kettlebells, TRX and body weight. Combines movements that will help strengthen things you do on a day to day basis and puts them into a fitness based class.
High Intensity Interval Training HIIT	A form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.
Legs, Bums and Tums	Tone up, firm up and burn fat from your tummy, hips, thighs and bottom.
Pilates	Exercise mat based class works by building strength from the inside out, addressing muscle imbalances and correcting postural alignment.
Posture	Improve posture, balance, breathing, and reducing strain in everyday activities
Step Fit	An energizing workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step. A combination of calorie burning followed by muscle conditioning tracks that shape and tone your body. Step caters to all fitness levels.
Stretch	Stretch will lengthen and strengthen your body.
TRX	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.
Yoga	A combination of physical and mental exercises which make the body stronger, healthier and the mind calmer. This class unites body, mind and spirit to increase flexibility, reduce stress and promote self-confidence.
Yoga Flow	A yoga class paying close attention to alignment and breathing forming the foundation of your practise.
Zumba Dance	Dance based class with aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.