

RUDDING PARK

SPA

WELLNESS WEEK TIMETABLE

1 - 30 SEPTEMBER 2019
GYM OPENING TIME 6.30AM - 9PM

	Time	Class	Location	Instructor
Monday	10am - 11am	Legs, Arms, Bums & Tums (2, 9, 16, 30 Sept)	Studio	Richard Benson
	6pm - 7.30pm	Yoga (30 Sept)	Studio	Margot Richardson
Tuesday	11.05am - 11.35am	Step Fit (10, 17, 24 Sept)	Studio	Elyse Shankland
	11.35am - 12.35pm	Pilates (10, 17, 24 Sept)	Studio	Elyse Shankland
	5.45pm - 6.30pm	Body Sculpt	Studio	Elishea Boswell
	6.30pm - 7.30pm	Boxfit	Studio	Rachel Woolford
Wednesday	10am - 11am	Legs, Arms, Bums & Tums (4, 11, 18 Sept)	Studio	Richard Benson
	11am - 11.45am	Posture (4, 11, 18 Sept)	Studio	Richard Benson
	6pm - 6.45pm	HIIT45 (18, 25 Sept)	Studio	Rachel Woolford
	7pm - 8pm	Power Yoga (18, 25 Sept)	Studio	Karen Nally
Thursday	7.30am - 8.15am	Body Sculpt	Studio	Elishea Boswell
	10am - 11am	Pilates (5, 12, 19 Sept)	Studio	Richard Benson
	11am - 12.30pm	Yoga (26 Sept)	Studio	Margot Richardson
Friday	10am - 11am	Legs, Arms, Bums & Tums (6, 13, 20 Sept)	Studio	Richard Benson
	11am - 12pm	Pilates (6,13, 20 Sept)	Studio	Richard Benson
Saturday	9.30am - 11am	Yoga	Studio	Cathy Jeffkyns
Sunday	10am - 11.30am	Yoga (8, 22 Sept)	Studio	Cathy Jeffkyns
	6.30pm - 7.30pm	Yin Yoga (1, 8, 22, 29 Sept)	Studio	Caroline Fattorini

If there are no bookings 48hrs 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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— SPA —

WELLNESS WEEK CLASS DESCRIPTION

Class	Description
Body Sculpt	Body toning class focusing on solid core strength with fantastic results; perfect for anybody trying to tone and develop good, all-round strength.
Cardio and Strength	Build strength and endurance and improve your heart and lung health.
Core Stability	Builds strength and muscular endurance in your abdominals and lower back.
Legs, Arms, Bums and Tums	Tone up, firm up and burn fat from your arms, tummy, hips, thighs and bottom.
Pilates	An exercise mat based class which works by building strength from the inside out, addressing muscle imbalances and correcting postural alignment.
Posture	Improve posture, balance and breathing as well as reducing strain in everyday activities.
Power Yoga	Based on the principles and practice of Ashtanga yoga, power yoga is a total body workout combining strength, flexibility, balance, relaxation and awareness.
Step Fit	An energising 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 shapes and tones your body. Step caters to all fitness levels.
Stretch & Flex	Stretch will lengthen and strengthen your body, giving you the flexibility to excel in other exercises and release built up tension.
TRX	The circuits will introduce you to more intense methods of training. Using the TRX you will learn a mixture of complex/double/single lever movements which will allow you to push yourself to your boundaries.
Yoga	A combination of physical and mental exercise 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.
Yin Yoga	Yin yoga consists of a series of passive floor poses held for up to 5 minutes or more, working areas that are especially rich in connective tissues. Yin improves circulation and flexibility and is deeply relaxing.