



MARCH 2010

GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am - 8:00am					Chariots of Fire & Beach Bootcamp Helen	
8:00am - 9:00am						Chariots of Fire & Beach Bootcamp Kenny
9:15am - 10:15am	Gentle Circuits Helen		Rural Walking-Running Helen		Gentle Circuits Helen	
11:00am - 11:45am		Aqua Fit Kenny		NRG Kenny		
12:00pm - 12:45pm				Circuit Blast Kenny		
1:00pm - 1:45pm	Indoor Cycling Helen	Indoor Cycling Kenny	Indoor Cycling & Ab Helen		Circuit Blast Helen	Indoor Cycling Kenny
2:00pm - 2:25pm						Boxercise Kenny
3:00pm-3:45pm						
5:00pm		Circuit Blast Kenny	Cardio-Latin Kenny		Boxercise Helen	
5:15pm				Yoga - Beginners Nicoletta		
5:30pm		Just Muscle Kenny				
5:45pm						
6:00pm		Indoor Cycling Kenny				
6:15pm	Yoga - Beginners / Continuing Nicoletta					Pilates - Beginners Carol
6:30pm				Indoor Cycling Kenny		
6:45pm						
7:00pm		Core Stability Kenny	Pilates Improvers Carol	Just Muscle Kenny		
7:15pm						
7:30pm						
7:45pm						

KOHLER *Waters* SPA®
AT THE OLD COURSE HOTEL





CARDIO AND STRENGTH FITNESS

Aqua Fit: 45 minutes. Suitable for all. Splash your way to fitness with this fun, non impact water based conditioning class.

Beach Bootcamp: 60 minutes. Kickstart your day! Beach location, sea air and exercise will keep your mind and body motivated throughout the day!

Chariots of Fire: 60 minutes. Intermediate or advanced (weather dependant). This class will teach you how to work hard at improving your aerobic capacity, muscular strength, power and the efficiency of your muscles. The Chariots of Fire class will be on the beach.

Boxercise: 45 minutes. Combining the fundamental skills of boxing with a specific form of circuit training. Helps to develop strength, speed and flexibility.

Circuit Blast: 45 minutes. Intermediate or advanced. If you want to tone all major muscle groups this is your class! You'll sweat and have fun! Be sure to bring water and a "whatever it takes" attitude.

Gentle Circuits: 45 minutes. All levels. Gentle circuits welcomes people of all ages and ability to participate in a gentle-to-the-joints combination of cardiovascular exercise, strength, balance, and flexibility activities.

Ab Blast: 25 minutes. All levels. Big emphasis on the middle body for toning. This class will teach you how to strengthen abdominal and back muscles; an area of your body that is key for daily activities as well as for posture. Ab Blast will work towards producing long, lean muscles and a flexible, youthful body.

Cardio Latin Dance: 60 minutes. Cardio Latin combines moves and combinations that allow the participants to dance your way to fitness. No dance experience required. Add some spice and flare to your workout and shake your cha-cha!

Just Muscle: 30 minutes. This workout will challenge your body like never before with upper and lower body combinations.

NRG: NEW! 45 minutes. An aerobic, non impact Resistance Training programme. This intense fat burning class is suitable for all levels of fitness with guaranteed results!

Core Stability: NEW! 30 minutes. Improve your posture, core stability, mobility and flexibility. An ultimate core class utilizing all the core stability muscles enabling you to have a strong and powerful body!

INDOOR GROUP CYCLE CLASSES

(Limited to six participants per class - Please register in advance)

Spin: 45 minutes. All levels. Group cycling where you will discover "the athlete within you." Intense, exhilarating and motivating. This class will burn fat, improve stamina and tone the lower body.

Spin and Abs: 60 minutes. All levels. Intermediate. Group cycling combined with Abs Blast.

Spin and Circuits: 60 minutes. Intermediate or advanced exerciser. Group cycling combined with Circuits Blast.

KOHLER WATERS SPA TERMS AND CONDITIONS.

Booking classes- This may be done either by telephone (+44 01334 468067) or in person at the spa reception. Alternatively, you may reserve your place by emailing spastaff@oldcoursehotel.co.uk

Please note that all group fitness classes are subject to availability. No exercise classes available on a Sunday.

Fees: Group fitness classes are complimentary for all Spa Members. Yoga and Pilates - £3.00 per person per class. Hotel Residents and Day Guests £10.00 per class

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