

MON	8:00-9:00 Power Walk With Bartek		11:30-12:15 Aqua Fit With Bartek		2:30-3:30 Beginners Pilates With Stuart		5:00-6:00 BLT With Julie	6:15-7:15 Advanced Core Stability With Julie	7:30-8:30 Improver Level Pilates With Stuart
TUE	7:00-7:30 Power Plate With Ria	7:30-8:30 Morning Run With Ria	8:45-9:45 Flex & Stretch With Ria	10:00-11:00 All over Tone With Ria	11:00-12:00 Tai Chi With Paul £10.50	11:30-12:15 Aqua Fit With Ria	3:15-4:45 Mixed Yoga With Mary 90 Mins £6.50	5:00-6:00 Circuits With Julie	6:00-6:45 Ab blast With Julie
WED	7:00-8:00 Gym Session With Ria	8:00-9:00 Fit Ball Tone With Ria	9:00-9:45 Aerobics With Ria	9:45-10:30 All Over Tone With Ria	11:00-12:00 Pilates With Ria		5:00-6:00 Beach Walk With Julie	6:00-7:00 Fit Ball With Julie	7:15-8:00 Aqua Fit With Julie
THUR	7:30-8:30 Fat Burn With Ria	8:30-9:30 Flex and Stretch With Ria	9:30-10:30 Step With Ria	11:30-12:15 Aqua Fit With Ria	12:30-1:30 Gentle Yoga With Mary 60 Mins £5.25			6:15-7:15 ADVANCED Pilates With Maxine	
FRI		9:00-10:00 All Over Tone With Julie	10:00-11:00 Intermediate Core Stability With Julie	11:30-12:15 Aqua fit With Julie					
SAT		9:00-10:00 Beach Walk With Julie	10:00-11:00 Weekend WorkOut With Julie	11:30-12:15 Aqua Fit With Julie					
SUN		10:00-11:00 Gym Session With Bartek	11:00-12:00 Power Walk With Bartek	12.15-13:00 Aqua Fit With Bartek					

Key to class workout types;-

Easy/Gentle	Toning	Hard/High Impact	Aqua	Aerobic/Toning
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ALL OVER TONE – A well balanced class which targets the body as a whole using free weights.

AQUA – It's a fun way of keeping fit & toning up as the body is supported in waist/chest deep water reducing the risk of bone/muscle & joint injury.

BLT - (bums, legs & tums) – A class designed to specifically target those problem areas of the lower body using free weights and mat work.

AEROBICS– A classic and calorie burning high impact class - a great stress reliever With resistance training elements.

CORE STABILITY – A relaxing slow paced but challenging class, strengthening the core, back & focusing on body alignment & balance.

CIRCUITS – This class offers a number of different stations with a variety of cardiovascular, resistance and flexibility exercises - great for fat burning!

FIT BALL– A fun class using an inflatable ball & free weights to work the whole body, improving balance, strengthening core muscles & lower back

FLEX AND STRETCH – A class specifically designed to improve flexibility with the aid of a resistance band.

MORNING WORKOUT– A great revitalizing way to start the day!

METHOD PUTKISTO – An infusion of yoga & pilates in one class!

POWER/ BEACH WALK – Enjoy the outdoors while improving your fitness, & reducing the risk of osteoporosis.

PILATES – A precise but gentle exercise technique designed to improve posture, balance, flexibility & strengthen core muscles.

STEP – A traditional high impact class, incorporating choreographed moves using a raised platform. Excellent for fat burning & toning!

TAI CHI – An ancient Chinese art form working on body, mind & spirit using flowing movements and breathing techniques.

50/50 – A fusion of aerobics and toning in one class.

WEEKEND WORKOUT – A fun and energetic aerobic & dance based class, combined with a toning free weight and floor work section.

YOGA – Relax, de-stress & unwind through a series of stretching based moves, concentrating on breathing techniques, aimed at improving general well being.

Ab blast- An intensive class specifically designed to tone up & challenge the abdominal and waist area and strengthen the back!

CHEWTON
GLEN
HAMPSHIRE

DANCE STUDIO

AND POOL CLASS

SPRING TIMETABLE

All of our classes are complimentary to Members, Day Members and Hotel Guests unless otherwise stated.

Please note to wear comfortable clothing & a pair of supportive trainers.

**To avoid disappointment
please book your classes
in advance at the spa reception**