

# Spa Classes

## AQUA FIT

*Exercise in the water, which is low impact, fun and effective. Improves cardio fitness and muscular strength and endurance without strain. Participants can work at a level which suits them.*

## BODY CONDITIONING

*A high energy, great fun, toning class using hand weights, stability balls and your own body weight with the aim of improving your body shape.*

## FIT BALL WORKOUT

*A core strengthening class which is designed to improve range of motion, strength, stability coordination and balance. Provides an excellent workout which will result in a stronger core, improved posture and better body alignment.*

## GYM CHALLENGE WORKOUT

*The gym team will set you a challenging 45 minute workout for you to complete, for individuals requiring more intensity and challenge in their weekly workouts.*

## KINESIS MOVE

*Aimed at encouraging your body to move more freely, and naturally improving balance, strength, stability and flexibility.*

## KINESIS BREATHE

*Engages mind and body using a holistic approach, focusing on posture and flexibility; breathe helps increase the awareness of your body using controlled breathing and movement.*

## LATIN LINE

*A freestyle dance class which no experience is required, including rhythms like Rumba, Jive, salsa, great fun and certainly a great way of keeping fit and meeting new people.*

## NORDIC WORKOUT WALK

*A high energy, challenging walking workout for the experienced Nordic walker.*

## NORDIC WALKING COURSES

*Ask at reception about our latest beginners and advanced courses. Competency cards and Nordic Walking Poles available.*

## PILATES

*The country's most popular exercise system, focuses on building the body's core strength and improving your posture through a series of low-repetition and low impact, stretching and conditioning exercises.*

## SPINNING

*A fantastic class for burning calories and increasing cardio fitness, giving you a highly effective and energetic workout.*

## 20/20

*A high energy workout in two twenty minute parts. Motivating combination of step aerobics, pure aerobics and urban rebound, designed to keep up the heart rate and burn off the calories. Easy to follow and options to work high or low impact.*

## URBAN REBOUND

*A safe and effective style of aerobics using mini trampolines, which provide a challenging total body workout applying minimum stress on the muscles and joints.*

## YOGA

*The most recognised exercise system in the world to improve body and mind health, working on every aspect of the physical body, building up strength, stamina, toning and flexibility.*

# SPA

## ROCKLIFFE HALL

## ZUMBA

*The latest Latin, dance, fun fitness craze gets your heart pumping and your feet tapping.*

## PUMP

*The ultimate resistance class, using adjustable weights to tone and condition, this class aims to change the shape of the body; all levels welcome.*

## BOX BLAST

*A high energy and fun stress busting workout, composed of circuits using traditional boxing moves with no contact.*

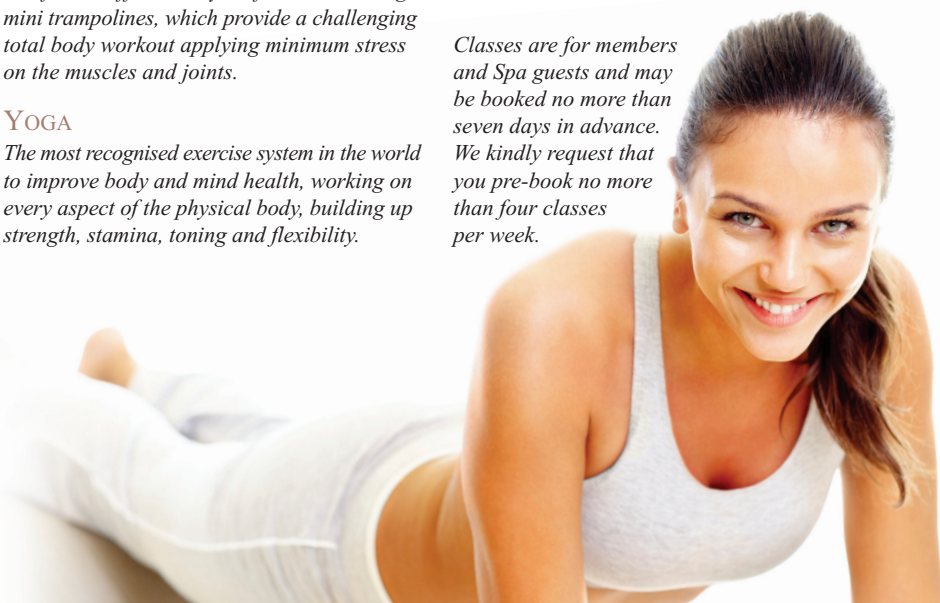
## RELAX AND CHILL

*Offering gentle movements and postures and using relaxing breathing techniques with the aim of reducing unwanted tension in the body.*

## KINESIS CORE

*Using the revolutionary kinesis training system to enhance strength and stability of the core, which will help protect your spine during movement and when carrying out various activities of daily living.*

*Classes are for members and Spa guests and may be booked no more than seven days in advance. We kindly request that you pre-book no more than four classes per week.*



# Class timetable



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Darlington  
County Durham  
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Day	Time	Class	Venue
Monday	10.00 - 10.45	Body Conditioning	Aerobic Studio
	11.00 - 12.30	Nordic Workout Walk*	Outdoor
	18.00 - 18.45	Spinning	Aerobic Studio
	18.00 - 18.45	Reformer Course**	Kinesis Studio
	19.00 - 20.00	Pilates*	Aerobic Studio
Tuesday	10.00 - 10.45	Fit Ball Workout	Aerobic Studio
	11.00 - 11.45	Aqua Fit	Pool
	18.00 - 19.30	Nordic Walk	Outdoor/Seasonal
	18.30 - 19.15	20/20	Aerobic Studio
	19.30 - 20.15	Fit Ball Workout	Aerobic Studio
Wednesday	9.45 - 10.30	Zumba	Aerobic Studio
	10.45 - 11.15	Yoga	Aerobic Studio
	14.00 - 14.30	Relax and Chill	Aerobic Studio
	18.30 - 19.15	Box Blast	Aerobic Studio
	19.30 - 20.15	Spinning	Aerobic Studio
Thursday	10.00 - 11.00	Latin Line	Aerobic Studio
	10.00 - 10.30	Kinesis Core	Kinesis Studio
	18.00 - 18.45	Kinesis Breathe	Kinesis Studio
	18.00 - 18.45	Pump	Aerobic Studio
	19.00 - 19.45	Zumba	Aerobic Studio
Friday	10.00 - 10.45	Spinning	Aerobic Studio
	11.15 - 12.00	Aqua Fit	Pool
	17.45 - 18.30	Spinning	Aerobic Studio
Saturday	10.00 - 10.45	Urban Rebound	Aerobic Studio
	11.00 - 12.00	Pilates	Aerobic Studio
Sunday	All Day	Gym Challenge Workout	Gym

\*Intermediate level | \*\*Courses carry an additional charge | Classes from: 16.01.2012