

# timetable



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>7.30</b> HIIT		<b>7.30</b> Body Blast		
<b>9.00</b> Aqua Aerobics	<b>9:00</b> Aqua HIIT	<b>9.00</b> Aqua Step	<b>9.00-12.00</b> Turtle Tots	<b>9.00</b> Aqua Aerobics
<b>10:00</b> Mindful Movement (a more gentle yoga)	<b>10:30</b> Pilates	<b>10:30</b> Gentle Pilates		<b>10:30</b> Legs, Bums & Tums
<b>11:15</b> Mindful Strength & Stability Yoga				
<b>18:30</b> Kettlebells	<b>18.30</b> Mindful Flow Yoga (Vinyasa-like)	<b>18.00</b> Pilates	<b>18.30</b> Body Blast	

Please email [spa@swanhotel.com](mailto:spa@swanhotel.com) to book a class

# Class Descriptions



## HIIT

High Intensity Interval Training involves short bursts of high-intensity exercises designed to torch calories, burn fat, improve fitness and get endorphins flowing

## Aqua Aerobics

A fun and effective full body workout in water choreographed to upbeat music. Exercises in the water are gentle on joints, strengthen the cardiovascular system and train the entire muscular system

## Aqua HIIT

Using aqua dumbbells and water for resistance, this class will combine cardio and conditioning exercises for a water workout that will focus on improving muscle tone and mobility

## Aqua Step

Stepping in water has one important advantage compared to sport on dry land: Your joints, ligaments and spine are not put under as much strain. As well as water fitness training this class can help improve your coordination skills and sense of balance through the use of our aqua stepper, dumbbells and noodles and a variety of fun exercises

## Pilates

(Or gentle pilates for lower intensity or beginners)

Performed on a mat using bodyweight for resistance. This class will follow the method of Joseph Pilates. Pilates is not just used for health and function, many people turn to pilates because of musculoskeletal pain or dysfunction eg lower back pain

## Kettlebells

Shape and sculpt your body using only a kettlebell for a variety of strength and cardio exercises

## Body Blast

Combining resistance training, cardio segments and core work using a range of equipment to blast fat, tone muscles and torch calories

## Legs, Tums & Bums

A toning class using body weight exercises and/or light weights to target common problem areas

## Mindful Flow/ Movement

An energising and joyful practice, which will nurture body mind and spirit. We will be curious about how we might each move uniquely and more dynamically; and we will explore the changing space in our wonderfully different bodies. We include Pranayama (breath practice), meditation and relaxation in classes.

By the end of each class, you should feel open and refreshed, energised and positive, yet peaceful and relaxed.

## Mindful Strength & Stability

Yoga and Movement to develop mobility and integrated strength rather than focus entirely on flexibility. We will explore our own range of movement, in a way that best suits our own wonderfully unique bodies. You know your body better than us!