

Gym & Spa at Streatley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
6.30 – 7.15 Spin & Tone Jodie, Gym	6.30 – 7.15 Boxercise Jodie, Studio	6.30 – 7.15 Spin & Tone Jodie, Gym	9.15 – 10.00 Soul Spin Nicola, Gym	8.30 – 9.30 Vinyasa Yoga Emma, Studio	SATURDAY 9.00 – 9.30 Pure Spin Tristan, Gym
9.30 – 10.30 Hatha Yoga Emma, Studio	8.45 – 9.15 Soul Spin Nicola, Gym	9.15 – 9.45 Pure Spin Jodie, Gym	9.15 – 10.15 Yoga Yasmin, Studio	9.15 – 10.00 Couch to 5K Running Tracey, Outdoor	10.15 -11.00 Boxercise Tristan, Studio
11.00 – 11.30 Pure Spin Blast Jodie, Gym	9.15 – 10.00 Soul Spin Nicola, Gym	10.00 – 10.30 Pure Spin Jodie, Gym	10.15 – 11.00 Pure Spin Nicola, Gym	10.30 – 11.30 Pilates Harry, Studio	12.00 – 12.45 HIIT Tristan, Gym
	9.15 – 10.00 RunFit Tracey, Outdoor	10.00 – 11.00 Hatha Yoga Emma, Studio	10.15 – 11.00 HIIT Tristan, Studio	11.45 – 12.30 Spin & Tone Jodie, Gym	1.00 – 4.00 TEEN FIT *£5
	9.45 – 10.45 Vinyasa Yoga Emma, Studio	10.30 – 11.15 Suspended Movement Harry Gym/Outdoor	11.00 – 12.00 Pilates Harry, Studio		SUNDAY 8.45 – 9.15 Spin & Tone Donna, Gym
12.30 – 1.30 Yoga Flow *£5 Suze, Studio	12.00 – 1.00 Yoga Yasmin, Studio	11.30 – 12.00 Suspended Movement Harry Gym/Outdoor	12.00 – 12.45 Ladies Who Lift Tristan, Gym	2.00 – 2.45 Suspended Movement Harry Gym/Outdoor	9.30 – 10.15 Spin & Tone Donna, Gym
5.30 – 6.15 Suspended Movement Harry, Gym/Outdoor		1.15 – 2.00 & 2.15 – 3.00 Ladies Who Lift Tristan, Gym	1.0 – 1.45 Spin & Tone Tristan, Gym		
6.30 – 7.30 Advanced Pilates Harry, Studio	6.30 – 7.15 HIIT Tristan, Studio	5.30 – 6.30 Vinyasa Yoga *£5 Emma, Studio	6.30 – 7.45 Vinyasa Yoga Suze, Studio	2.30 – 3.30 Vinyasa Yoga *£5 Emma, Studio	
7.30 – 8.15 Spin & Tone Tristan, Gym	7.30 – 8.15 HIIT Tristan, Studio	7.30 – 8.15 Boxercise Tristan, Studio	8.00 – 9.00 Relaxed Yoga Suze, Studio		6.45 – 8.00 Restorative Yoga Suze, Studio

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Boxercise/Early Bird Boxing for Fitness Enjoy the fitness benefits of boxing without the fight! An effective form of cross training; combining aerobic and anaerobic exercise, hand-eye co-ordination & balance. Working in pairs with pads and gloves, fun and fast paced session.

HIIT High Intensity Interval Training Using range of gym equipment, free weights and body weight for a total body workout.

Ladies Who Lift In this 45 minute session, you will learn how to lift free weights and how to use weights and resistance equipment safely. We will advise you on which weights to use, repetitions and sequences. Small group suitable for beginners to advanced.

Pilates A low impact class which will improve balance, co-ordination and lengthen and strengthen muscles for greater flexibility and tone. An excellent complement to physical activities such as running, cycling and rowing.

Running Club Small, friendly running group led by experienced marathon runner and running coach. In **Couch to 5K**, we will gradually increase the distance to avoid injury and introduce you to some great running routes. Class caters for all levels.

Suspended Movement Using suspension equipment fixed to points in the gym or outdoors; you will perform a series of movements working against resistance with your own body weight. A very effective way to gain strength and build muscle without impact.

Classes and instructors may change from time to time to accommodate holidays/absence

Please arrive ready to start your class promptly. Late arrivals may not be able to gain access and you may lose your place.

No mobile phones in classes, thank you.

Pure Spin Blast A great cardio and fat burning session that will improve your strength, stamina and endurance.

Spin & Tone 45 min session designed for those who like a challenge. High intensity 30mins on the bike to get the heart pumping, burn fat and tone up, followed by work on the mats to strengthen and tone the core muscles and upper body.

Soul Spin We crank up the volume in this fun, challenging session for those who love their music – think disco on a bike! A great cardio and fat burning workout that will improve your strength, stamina and endurance, whilst having fun!

Flowing Vinyasa Yoga This session concentrates on breathing and free flowing movement for a dynamic and stimulating yoga experience. The concentration required to complete the progressive routine means all other thoughts are banished for the duration of the session. This class is not suitable for beginners.

Hatha Yoga Improves strength, flexibility and co-ordination whilst calming the mind. Precision, posture and focus are emphasised to restore harmony to the body. Enjoy this class in the soothing surroundings of our riverside studio.

Relaxed & Restorative Yoga are fantastic end-of-day classes, aimed at quietening and soothing the mind whilst relaxing the body. Good for stability and flexibility, suitable for all levels.

Saturday afternoon - Teen Fit** is not run as a class. It is a session for teenagers aged 14-16 years who wish to use the gym. Parent/s must be a current member and give signed consent. £5 per session, payable through your membership account.