

REDWOOD

TIMETABLE – FROM 2nd JANUARY 2024

MONDAY			
8.30 - 9.00am	Aqua Fit	Mia	Yes/Poolside NO
9.30 - 10.00am	Total Body Conditioning	Mia	No
10.30 - 11.10am	Gentle Stretch and Balance	Mia	No
4.00 - 4.45pm	Yoga	Mia	No
TUESDAY			
9.00 - 9.45am	Dance Fit	Matt	No
10.00 – 10.45am	Dance Fit	Matt	No
12.00 - 12.30pm	Chair Fitness – Owner Only	Owner Led	No
1.00 -1.30pm	Aqua Fit	Voitek	Yes/Poolside No
5.30 - 6.10pm	Circuits	Voitek	No
6.20 – 7.00pm	Strong Core	Voitek	No
WEDNESDAY			
9.30 - 10.10am	Small Group PT Training [£]	Voitek	Yes
10.30 – 11.00am	Gentle Stretch and Balance – Owners Only	Voitek	No
1.00 -1.40pm	Aqua Mobility	Mia	Yes/Poolside NO
THURSDAY			
8.30 – 9.00am	Aqua Fit	Voitek	Yes/ Poolside NO
9.30 – 10.15am	Pilates	Claire L	No
10.30 – 11.15am	Pilates	Claire L	No
12.00-12.30pm	Chair Fitness - Owner only	Owner Led	No
1.00-1.40pm	Small Group PT Training [£]	Voitek	Yes
2.00 – 2.30	Strong Core - Beginners	Voitek	No
FRIDAY			
8.30-9.10am	Aqua Fit	Mia	Yes/Poolside NO
9.30-10.10am	Total Body Conditioning	Mia	No
10.30-11.30am	Yoga {19 th Jan – Stretch with Voitek}	Mia	No

SMALL GROUP PT TRAINING IS BOOKABLE FOR 4 PEOPLE

voitek.korus@audleyvillages.co.uk

AQUA-FIT

An energetic water-based workout, using dumbbells, noodles and hand mitts.

AQUA MOBILITY

A gentle water-based class designed to help with stretching, flexibility and balance. Brilliant for newcomers to exercise or people coming back after injury.

CIRCUITS

A full body workout working all muscle groups, using different exercises, machines and equipment.

DANCEFIT

A fun dance workout with World Jive Champion, Matt.

TOTAL BODY CONDITIONING

A fun full body workout, sometimes we use weights, sometimes we do old fashioned aerobics.

PILATES

A form of exercise that concentrates on strengthening the body with an emphasis on core strength.

GENTLE STRETCH AND BALANCE

A relaxed class concentrating on stretching your muscles and working on balance – to help maintain mobility and help prevent falls.

STRONG CORE

A class designed to strengthen the muscles in your core – Abs and Back.

YOGA

A class that uses the classical postures, breathing exercises and meditation to help improve your overall health.

SMALL GROUP PT TRAINING [£]

Sessions with individual objectives met by tailor made programming with Voitek. To book please email Voitek. Discounts available for block bookings.

PERSONAL TRAINING AVAILABLE FROM £25 PER SESSION

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