

Sunningdale Health Club Exercise Timetable 2024



TIME	SESSION	Spaces Available	Gym Use Permitted
MONDAY			
08.45 – 9.15	Cardio Mix Step	6	No
09.15 – 09.55	Yoga Flow	7	No
11.00 – 11.40	Mat based Pilates	7	No
TUESDAY			
09:30 – 10.15	Aqua Fit	10	Yes
16.00 – 17.00	Owners' Family Swim Time	10	Yes
WEDNESDAY			
09.00 – 09.30	Boot Camp	10	No
11.00 – 11.40	Mat Based Pilates	7	No
THURSDAY			
11.45 – 12.30	Aqua Fit	10	Yes
FRIDAY			
11.00 – 11.40	Body Sculpt (weighted workout to music)	7	No
SUNDAY			
10.30 – 11.30	Owners' Family Swim Time	10	Yes

AQUA FIT Water based class, using the constant resistance of water. Buoyancy of water reduces impact on joints. Water resistance improves strength whether you use the Aqua equipment, or not. Standing and submerged exercises help support range of movement.

MAT BASED PILATES This class concentrates on developing the strength of the core stability muscles and in doing so improves posture alignment, flexibility, endurance, and strength.

CARDIO MIX – This is an exercise to music session using step as the cardio work and resistance training with bars hand weights kettle bells and medicine balls.

YOGA FLOW – This is a freestyle fitness yoga session using basic yoga postures, flexibility, and strength to create a balanced workout with an element of Pilates.

Body Sculpt – This is an exercise to music session with weights.