

Wycliffe Park

New Class Timetable 2024!



Time	Class	Instructor	Gym use allowed
MONDAY			
10.45 am -11.30am	Morning Mobility and Tone	Elaina	No
TUESDAY			
10.30am-11pm	Walking Club- All Abilities-Meet in the Club Reception	Elaina	Yes
2.00pm-5.00pm	Leisure Club Cleaning and Maintenance	Staff	No
WEDNESDAY			
10.45-11.15	Core Stability- Floor Based Class	Elaina	No
THURSDAY			
1.30pm-2.15pm	Chair Stretch and Tone	Elaina	No
FRIDAY			
1.30 pm -2.30 pm	Restorative Yoga	Elaina	No
SATURDAY			
SUNDAY			
10am- 12 noon	"Owners" Family Swim Time (Minimum age 5 Years)		

"Owners Only Swim Time"- Every Day: 11am-12 noon and 4-5pm

"Owner's Family Swim Time" - Sundays Only 10am- 12 noon

****All Visitors MUST read, understand, and sign the Swimming Pool Information Rules.**



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Morning Mobility

A gentle land-based class focussing on balance, flexibility and range of movement. This class will help you to feel energised and able to move more freely. A great start to the week!

Walking Club

A sociable get together to make new friends whilst getting some exercise outside in the fresh air. We will be walking around the Croquet Field so you can do as little or as much as you like.

Core Stability

A Pilates inspired class to target the muscles which help improve your core stability. Core Stability encompasses your hips, lower and upper back strength as well as the muscles of the abdominals. This class will improve your posture and allow you to move more freely.

Please note * Participants will need to be able to get down to and up from the floor unassisted.

Restorative Yoga

A traditional form of hatha yoga practice using props such as blocks, belts and bolsters to assist in holding poses for a longer duration and facilitate deeper stretching. Restorative yoga connects the mind, body and spirit with its emphasis on breathing and meditation techniques to restore the body to a restful and calm state. It is a wonderful class to relieve stress and wind down for the weekend.

Please note * Participants will need to be able to get down to and up from the floor unassisted.

Chair Stretch and Tone

A class to focus on all the wonderful exercises that can be done using a chair for support. We will be seated for the duration of the class although there will be some opportunities to stand should you be able. The class starts with some toning exercises followed by yoga style stretches.

All abilities are welcome!

Personal Training

Exercising is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises.

Personal training is also a way to reach your goals much faster and have fun at the same time.

To book a consultation and to get started please contact:

Elaina Long at the Leisure Club Reception 37706/ 1494321207 or Email

Elaina.long@audleyvillages.co.uk

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