



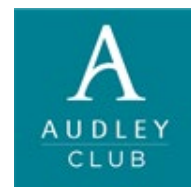
Stanbridge Earls Class Timetable 2023

Time	Class	Instructor	Gym use allowed
Monday			
10.00 - 11:00	Find Your Flow Yoga	Carly	No
15:00 - 15:30	Mindful Movement and Flow	Cathy	No
15:30 - 16:00	Cool & Calm Chair Yoga	Cathy	
16:15 - 17:00	Owners Line Dancing (Jan-Apr '23)	Mark	
17:00 - 18:00	Owners Family swim (owners only)	N/A	Pool - No
18:15 - 19:00	Circuits	Cathy	Yes
Tuesday			
11:15 - 12:00	Aqua	John	Pool -No
13:00 - 13:45	Functional Circuit Class	Cathy	No
15:00 - 15:45	Chair exercise for strength, cardio and stretch	Cathy	No
18:00 – 18:30	Low Impact Cardio Burn	Cathy	Yes
Wednesday			
09:15 - 10:00	Mindful Hatha and Breathing	Cathy	No
13:15 - 14:00	Stretch, Flex and Core	Cathy	No
17:00 - 17:30	Legs, Bums and Tums	Cathy	No
Thursday			
11:15 - 12:00	Aqua	John	Pool - No
15:00 – 15:45	Chair Exercise for strength, cardio and stretch	Cathy	No
17:00 - 18:00	Owners Family swim(owners only)	N/A	Pool - No
18:15 - 19:00	Circuits	Cathy	Yes
Friday			
09:15 - 10:15	Yoga	Carly	No
10:30 - 11:00	Tight and Toned with Bands	Cathy	No
15:15 - 16:00	Pool Closed for Cleaning	Cathy	No
Saturday			
11:00 - 12:00	Owners Family swim (owners)	N/A	Pool -No
Sunday			
13:00 - 14:00	Owners Family swim (owners)	N/A	Pool - No

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It 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. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)



Stanbridge Earls

Class Timetable

2023

AQUA

Working out in this water-based class, using the constant resistance and reducing impact on joints that water provides. Working on muscle tone and range of movement. Great fun and sing along if you want with music from the 60's, 70's and 80's.

CHAIR FITNESS FOR STRENGTH, CARDIO AND STRETCH

Get active - from the comfort of a chair. Gentle seated exercises to help improve circulation and strengthen muscles and joints; helping maintain mobility.

COOL AND CALM CHAIR YOGA

Seated stretch and meditation for a calm mind and mindful movements. This will be added on to the Mindful Movement and Flow class. Please feel free to join in with just the chair yoga.

CIRCUITS

A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs. There will be floor work.

FUNCTIONAL CIRCUITS

This class will help all those who would like to use the gym but are very unsure of how to use the equipment. Functional exercise helps us with our everyday activities, increases strength and cardio fitness. These circuits are all standing or seated with no floor work.

LINE DANCING (PAYABLE CLASS £6.50) TO BE ANNOUNCED

LOW IMPACT CARDIO BURN

You don't need to do high impact, running or jumping around to get a good workout. Low-impact workouts can be effective and provide great benefits to your fitness levels as well as a kinder workout for your joints. A low-impact workout can help you build both strength and cardio endurance.

MINDFUL HATHA AND BREATHING

Mindful movement and stretching for relaxation and mobility. Simply focus your attention on your breathing, its natural rhythm and flow and the way it feels on each inhale and exhale. Mat work involved.

MINDFUL MOVEMENT AND FLOW

A Mobility and flexibility class working to gently improve your range of movement, reduce tension and relax the body. This class is standing and seated with no floor work.

OWNERS FAMILY SWIM

Open for owner's can bring their family members to the club.

STRETCH, FLEX AND CORE

This class concentrates on increasing your strength and your core using light weights. It is important to increase strength as we age for bone health, enhancing your quality of life and improve your ability to do everyday activities. Building muscle can also contribute to better balance and may reduce your risk of falls. The class will finish with a full body stretch and includes floor work.

TIGHT AND TONED WITH BANDS

Resistance bands might not look like much, but they can strengthen and tone very effectively. You can achieve a full body workout, increase muscle strength, and tone those annoying wobbly bits with these amazing bands. These workouts include floor work.

YOGA

Mindfulness in motion, Asanas (postures) and Pranayama (breathing) are used to strengthen and lengthen the whole body.