

## NEW Sunningdale Health Club Group Exercise 13<sup>th</sup> February 2023

Please note whilst the group exercise classes or owners' only family swim times are in session, the facility will not be available for use during these times



TIME	SESSION	COACH	SPACES AVAILABLE	GYM USE PERMITTED
<b>MONDAY</b>				
08.00 - 08.30	Boot Camp (intermediate)	Georgina	7	No
11.00 - 11.45	Mat Based Pilates	Georgina	7	No
12.00 - 12.20	Perfect posture – chair based (new)	Georgina	5	No
<b>TUESDAY</b>				
09.30 - 10.15	Aqua Fit	Shirley	8	Yes
16.00 - 17.00	Owners' Family Swim Time		10	Yes
<b>WEDNESDAY</b>				
08.00 - 08.30	Boot Camp (intermediate)	Georgina	7	No
09.00 - 09.45	Free Style Fitness Yoga	Georgina	7	No
10.00 - 11.00	Mat Based Pilates	Claire	7	No
<b>THURSDAY</b>				
11.30 - 12.15	Aqua Fit	Shirley	8	Yes
13.00 - 13.45	Mat based Pilates (new)	Georgina	7	No
16.00 - 16.30	Boot Camp (beginners)	Georgina	7	No
<b>SUNDAY</b>				
10.30 - 11.30	Owners' Family Swim Time		10	Yes

**AQUA** 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 exercise to help support range of movement.

**BOOT CAMP** A class working the whole body as well as your heart and lungs, exercises can be made easier or harder depending on your needs. Weights will be optional to improve overall strength.

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

**FREE STYLE FITNESS YOGA** This program is designed for everyone wishing to enjoy the postures of yoga to strengthen and tone the whole body. Yoga breath is practiced improving the flow of movement. This style of yoga is not spiritual and can be for complete beginners who wish to sample the postures.

**PERFECT POSTURE** – chair based Pilates class to improve and correct body alignment and increase core strength.

**PERSONAL TRAINING** – This is a one-to-one personal exercise session specifically for you. The sessions will be progressive and designed to meet your specific goals. £70 per session or £60 block booking (minimum of 5 sessions) Consultations are complimentary. Please email me on [Georgina.hylton@audleyvillages.co.uk](mailto:Georgina.hylton@audleyvillages.co.uk) to book a consultation.