



# Audley Club Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates	9-10am (Improvers)		9:00am - 10:00am (Improvers)				
	10-11am (Improvers)						
Zuma				2-3pm Gold			
				3-4pm Platinum			
Yoga		9:30am - 10:30am		9:30am - 10:30am			
Aqua Aerobics		2:00pm - 2:30pm					
Young at Heart	2:00pm - 2:30pm				2:00pm - 2:30pm		
Muay			10.00am - 10.20am				

**Core strength, Tone, Flexibility and Mindfulness**

**Fat Burn and Cardiovascular**

**Vitality, Mobility, strength and Balance**

Please book all classes in advance at Reception—this is essential as you may be refused entry if the class is fully booked  
 The Club is open between 7.00am and 9.00pm daily  
 Swim 3.30pm - 5pm Owners Family & Members



# Audley Club Exercise Classes

## **Aqua Aerobics**

A fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Natural buoyancy of the water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles.

## **Pilates**

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

## **Yoga**

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

## **Muay (Deep Roots, Strong Base Routine)**

Gentle standing postures to promote better balance, strength, mobility and vitality.

## **Young at Heart (Strictly Fun Dancing))**

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

## **Zumba Gold**

An easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, dance-fitness class that feels fresh, and, most of all, exhilarating!

## **Personal Training**

It's so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you're focusing on the right exercises. A Personal Trainer won't just help your fitness, they will help you reach your goals so much faster and have fun while you're at it.

(Additional charges will apply)