



CLUBLIFE
@ The Langstone

CLASS SCHEDULE

Monday

Body conditioning	09.30-10.30
Woggle workout	11.00-11.30
Indoor Cycling	18.00-18.30

Tuesday

Core Control	09.30-10.15
Pilates**	10.30-11.30
Indoor Cycling	18.30-19.00

Wednesday

HIIT	09.30-10.15
Aquacise	13.30-14.15
Pole Dance Fitness**	19.30-21.00

Thursday

Indoor Cycling	07.00-07.30
Legs, Bums and Tums	09.30-10.15
Pilates**	10.30-11.15
Indoor Cycling	18.00-18.30
Yoga**	19.00-20.15

Friday

Lower Body Circuit	09.00-09.30
Upper Body Circuit	09.30-10.00
Aquacise	10.45-11.30

Saturday

Step Aerobics	09.30-10.30
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All classes mark with a ** will require an extra fee as they are run by an independent instructor

CLUBLIFE@ The Langstone Hotel. Northney Road, Hayling Island, Hampshire, PO11 0NQ Tel: 023 9246 6214 | Fax: 023 9246 0349 | Email: lee.adams@langstonehotel.co.uk



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Core Control- Core stability based exercise on the ball or floor, from gentle stretching to intense strengthening. Suitable for all levels of fitness.

Body Conditioning-A low impact class consisting of an aerobic warm up followed by an upper and lower body workout using weights & resistance equipment to help firm and tone the body.

HIIT-High Intensity Interval Training. This interval-based classes combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started.

Indoor cycling, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise **bicycle** with a weighted flywheel in a classroom setting. It is commonly called spinning

Step Aerobics-A step class using floor work and weights for a good all round exercise session.

Aqua Aerobics/ Woggle Workout-A fun water work out, no impact, just an excellent work out for the whole body using a mix of cardiovascular activity with muscle toning using weights and resistance.

Yoga-**Physical postures (asanas), breathing exercises (pranayama) and relaxation techniques/ meditation. The Asanas taught classic Indian Hatha Yoga postures. A class to strengthen, tone and increase flexibility, stamina and energy levels.

Pilates-**A mat based class which works deep abdominal muscles and the lower back to develop a stronger core, improve body alignment, lengthen the spine and improve balance and coordination.

Legs, Bums and Tums-A low impact class consisting of an aerobic warm up followed by a lower body workout using weights & resistance equipment to help firm and tone the legs, bum and torso

Pole Dance Fitness-** Fun and flirty 400 calorie an hour fitness class and all over work out, pole dancing improves core muscle strength, keeps you supple and tones whilst giving a great confidence boost.

Upper/lower Body Circuit/Circuits- High intensity training not for the faint hearted full body workout hitting all major and minor muscle groups great for fat burning and muscle tone

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