



LANGSTONE QUAYS

CLASS SCHEDULE

Monday

Body conditioning	09.30-10.15
Aquacise	11.00-11.30
Indoor Cycling	18.00-18.45

Tuesday

Body Blitz	09.30-10.15
Core and Stretch	10.20-10.50
Indoor Cycling	18.30-19.15

Wednesday

HIIT	09.00-09.30
Abs Blast	09.35- 10.05
Aquacise	13.30-14.15
Boxercise	18.00-18.45

Thursday

Indoor Cycling	06.30- 07.15
Boxercise	09.30-10.15
Pilates	11:00-12:00
Indoor Cycling	18.00-18.45

Friday

HIIT	07.00- 07.30
Circuits	09.30-10.15
Aquacise	10.45-11.30

Saturday

Boot Camp	10.00-11.00
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Sunday

HIIT	10.00-10.30
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The Club Langstone Quays. Northney Road, Hayling Island,
Hampshire, PO11 0NQ Tel: 023 9246 6214
Email:leisure@langstonequays.co.uk

Body Blitz- A mixture of all over body exercises. This class will strengthen your entire body. It targets all major muscle groups by using exercises such as squats, presses, lifts and curls.

Boot Camp- This program is designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time. Suitable for all fitness types.

Core & Stretch - 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

Aqua Aerobics -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.

Pilates (COMING SOON)-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 co-ordination.

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

Boxercise- a form of exercise based on boxing training and using boxing equipment.

Abs Blast- is an intense abdominal workout aimed at *developing* core muscles

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