



| MONDAY                         | TUESDAY                          | WEDNESDAY                         | THURSDAY                           | FRIDAY                             |
|--------------------------------|----------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| LEARN TO LIFT<br>07.15 - 07.45 | STUDIO HIIT<br>07.15 - 07.45     | GYM CIRCUIT<br>07.15 - 07.45      | GYM CIRCUIT<br>07.15 - 07.45       | LEARN TO LIFT<br>07.00 - 08.00     |
| CIRCUITS<br>09.15 - 10.00      | BAR PUMP & CORE<br>09.15 - 10.00 | LEGS, BUMS & TUMS<br>09.15 - 9.45 | HYDRO STEP<br>09.15-09.45          | CIRCUITS<br>09.15 - 10.00          |
| CORE<br>10.00 - 10.30          | STRETCH & TONE<br>10.00 - 10.30  | KETTLES<br>09.45 - 10.30          | BOOTCAMP<br>09.45 - 10.30          | LEGS, BUMS & TUMS<br>10.00 - 10.30 |
| SPIN<br>12.00 - 12.30          | SPIN<br>17.30 - 18.00            | YOGA<br>10.00 - 11.00             | ZUMBA<br>11.00 - 11.45             | YOGA<br>10.30 - 11.30              |
| KETTLES<br>17.30 - 18.15       | CIRCUITS<br>18.15 - 19.00        | GYM CIRCUIT<br>12.00 - 12.30      | KETTLES<br>17.30 - 18.15           | SPIN<br>12.00 - 12.30              |
| YOGA<br>18.30 - 19.30          | HYDRO STEP<br>19.00 - 19.30      | BAR PUMP & CORE<br>17.30 - 18.15  | ZUMBA<br>18.00 - 18.45             | <b>SATURDAY</b>                    |
| SPIN<br>18.30 - 19.00          | LEARN TO LIFT<br>19.30 - 20.30   | STRETCH & TONE<br>18.15 - 18.45   | LEGS, BUMS & TUMS<br>18.15 - 18.45 | GYM CIRCUIT<br>08.15 - 08.45       |
| RENEW<br>19.00 - 19.30         |                                  | PILATES<br>19.00 - 20.00          | SPIN<br>19.00 - 19.30              | <b>SUNDAY</b>                      |
|                                |                                  |                                   | YOGA<br>19.30 - 20.30              | PILATES<br>10.00 - 11.00           |

**CLASSES FREE TO MEMBERS DURING THEIR MEMBERSHIP ENTRY TIMES  
£1 FOR MEMBERS OUTWITH THEIR MEMBERSHIP ENTRY TIMES**

Limited spaces available, book in for classes up to 3 days in advance online using the QR code.

**NON-MEMBER: £4 for 30min Class  
£5.00 for 45min Class / £7.00 for 60min Class.**

**Renew:** Foam rolling is a form of self-massage or self-myofascial release that can help loosen up tight muscles and "trigger points" that occur when contracted muscles fail to fully release. Suitable for all ability levels.

**Circuits:** In a typical circuit class, you will move from station to station trying various exercises for short periods of time. You will take on a range of cardio, resistance, and strength training exercises. A classic class that is as enjoyable as it is effective.

**Core:** An exercise session that strengthens the muscles of the torso, especially the lower back and abdominal area.

**Spin:** This low impact, high intensity cardiovascular workout is a highly popular indoor cycling class, which involves a mixture of endurance and high intensity interval training to music.

**Pilates:** A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

**Bar Pump:** A workout designed to improve your aerobic fitness, muscular strength, and muscular endurance using a weighted bar. It is a form of resistance training that exhausts muscles using light weights, while performing high repetitions.

**Stretch & Tone:** A low impact, low intensity class that will help tone your muscles, increase your range of motion, and improve flexibility.

**Legs, Bums & Tums:** A full body workout that aims to tone up those common problem areas of your thighs, glutes, and stomach, great for those who want to lose weight and/or simply want to improve their overall fitness levels. Ideal for all fitness levels.

**Bootcamp:** A fun class designed to push you to your limits using a variety of bodyweight, weighted and cardiovascular exercises to build your strength and fitness.

**Zumba:** An incredibly popular and exciting fitness class that combines Latin and international music with some great dance moves. Zumba routines incorporate interval training — with alternating fast and slow rhythms — to help improve cardiovascular fitness with some added fun.

**Kettles:** Feel great after a full body workout with just one piece of equipment! This class incorporates both resistance and cardiovascular training simultaneously through a variety of weighted swings and lifts that will enhance your strength, core stability and cardio endurance.

**Yoga:** Yoga is a discipline, a part of which, includes breath control, simple meditation, the adoption of specific bodily postures, and is widely practised for health and relaxation.

**Hydro Step:** Hydro Step is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a step. Using the principles of High Intensity Interval, Training, this class is suitable for groups and can be tailored.

**Learn To Lift:** An introduction to compound lifts using a barbell, suitable for beginners who want to learn how to lift weights and feel confident to carry out these exercises in a gym environment themselves. This class cannot be booked online, please speak with the leisure team to book this.



**SEAMILL HYDRO**  
HOTEL & RESORT