



**CLUBLIFE**

@ The Langstone

**CLASS SCHEDULE**

**Monday**

Body conditioning	09.30-10.30
Woggle workout	11.00-11.30
Pilates**	15.30-16.30
Box aerobics	18.15-19.15
Yoga**	19.30-20.45

**Tuesday**

Abs'N' Stretch	09.30-10.15
Circuits	18.15-19.15
Core Control	19.30-20.00

**Wednesday**

Core Control	09.30-10.15
Yoga**	10.45-12.00
Aquacise	13.30-14.15
Step Aerobics	18.15-19.15
Pole Dance Fitness**	19.30-20.30

**Thursday**

Legs, Bums and Tums	09.30-10.15
Pilates**	10.30-11.30
Bokwa**	18.15-19.15
Aquacise	18.30-19.15
Yoga**	19.30-20.45

**Friday**

Full Body Circuit	09.00-09.30
Body conditioning	09.30-10.30
Aquacise	10.45-11.30

**Saturday**

Step Aerobics	10.00-11.00
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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@langstonehotel.co.uk

**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.

**Box Aerobics-**A lively boxing based class with partner pad work using advanced skills with contact & circuit class for a all over body workout.

**Abs 'n' Stretch-**A low impact class with a range of simple exercises which focus on strengthening and toning the abdominal muscles, with stretching to relax the body.

**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 co-ordination.

**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.

**Full 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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