

Interval/strength

HIIT: High Intensity Interval Training alternates between short intense activity and less intense recovery periods. This workout provides improved athletic capacity and condition, improved glucose metabolism and improved fat burning.

HIIT Circuits: A high intensity circuit class working all muscle groups and combining both cardio and strength exercises.

Metabolic Madness: A full body workout involving high intensity blasts, toning exercises that help build strength and power and providing an upbeat workout.

Super Circuit: A mix of high/low impact stations including cardiovascular, muscle tone and core strength exercises.

Mind and Body

Hatha Yoga: This form of yoga leads to specific structured poses and other activities that help with body and mind "purification" through principles like asana (postures), pranayama (subtle energy control) and more.

Pilates: Improves core strength, posture and flexibility, for all levels of ability. A gentle and effective exercise class that involves movement of the full body. Exercises the mind and body.

Yoga – All ability: Yoga is an ancient form of physical exercise. Benefits include greater flexibility, increased stamina and strength along with a sense of wellbeing. Classes are dynamic and suitable for all levels.

Stretch and Relax: A stretch and relax class is a gentle workout session designed to help participants improve flexibility, release muscle tension and reduce stress levels. The class typically consists of a low-impact series of stretches, deep breathing exercises and guided relaxation techniques.

Cardio

Aqua Aerobics: An all over body workout in the water. Good for your body and joints.

Body Combat: BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

Spinning: The ultimate high energy workout on indoor cycles, with energetic music to keep you motivated and makes your legs beg to pedal.

Zumba: This class fuses hypnotic Latin rhythms and easy follow moves to create a dynamic fitness program that will blow you away

Toning

Body Pump (Express): The original barbell class that strengthens your entire body. Challenges all your major muscle groups.

Core Blimey: A 30 minute core workout firing the abdominal muscles and the core, using equipment such as stability balls and discs.

Trim and Tone: A low impact but hard workout class. This combines all over toning plus fat burning performed with different exercises every session!

Spin and Tone: A combination of Spinning and a gentle toning and strengthening workout that will help release those day to day stresses



Spa treatments available

See reception for member offers.

Members receive 20% discount Monday to Thursday

All classes are held in the studio. Aqua aerobics is held in the main pool. If you are unable to make it to a class, please call and let us know as we may be able to call another member who is on the waiting list. All classes must be booked to reserve your place, this can be done up to 6 days in advance.

Please notify us if you are unable to attend as soon as possible prior to the class commencing on 01244 40 88 40.

Download today



theclubandspa
AT DOUBLETREE BY HILTON CHESTER

Class timetable

theclubandspa, Warrington Rd, Chester, CH2 3PD
01244 40 88 40 | info@theclubandspa.co.uk
www.theclubandspachester.co.uk

Monday

07.00 – 07.45	Super Circuit	<i>Stuart</i>
09.15 – 10.15	Trim and Tone	<i>Julie</i>
10.15 – 11.00	Spin and Tone	<i>Julie</i>
12.30 – 13.30	Yoga	<i>Leena</i>
18.00 – 18.45	Spinning	<i>Sarah</i>
19.00 – 19.45	Body Combat	<i>Sam</i>
19.00 – 19.45	Aqua Aerobics	<i>Chris</i>
20.00 – 21.00	Pilates	<i>Viv</i>

Tuesday

06.45 – 07.30	Body Pump	<i>Tersia</i>
09.00 – 09.30	Aqua Aerobics	<i>Mo</i>
09.15 – 10.00	HIIT	<i>Fitness team</i>
09.35 – 10.05	Aqua Aerobics	<i>Mo</i>
10.00 – 10.45	Spinning	<i>Steve</i>
11.00 – 12.00	Pilates	<i>Mo</i>
12.15 – 13.15	Yoga	<i>Lisa</i>
17.45 – 18.30	Spinning	<i>Hannah</i>
18.30 – 19.15	Body Combat	<i>Sam</i>
19.15 – 20.00	Body Pump	<i>Steve</i>

Wednesday

07.00 – 07.45	HIIT	<i>Steve</i>
09.15 – 10.00	Body Combat	<i>Tracey</i>
10.05 – 10.50	Body Pump Exp	<i>Tracey</i>
11.30 – 12.30	Pilates	<i>Mo</i>
17.30 – 18.00	Core Blimey	<i>Fitness Team</i>
18.00 – 18.45	Spinning	<i>Steve</i>
19.00 – 20.30	Yoga	<i>Lisa</i>

Thursday

07.00 – 07.45	Spinning	<i>Hannah</i>
09.00 – 09.30	Aqua Aerobics	<i>Viv</i>
09.15 – 10.00	Zumba	<i>Netty</i>
09.35 – 10.05	Aqua Aerobics	<i>Viv</i>
11.15 – 12.00	Body Pump	<i>Steve</i>
12.15 – 13.15	Body Combat	<i>Sam</i>
18.00 – 19.00	Body Pump	<i>Steve</i>
19.00 – 19.45	Spinning	<i>Steve</i>
20.00 – 21.00	Yoga	<i>Emma</i>

Friday

07.00 – 07.45	Super Circuits	<i>Fitness Team</i>
09.15 – 10.00	Metabolic	<i>Tracey</i>
10.00 – 10.45	Body Pump Exp	<i>Sharon</i>
10.50 – 11.35	Stretch and Relax	<i>Sharon</i>
17.00 – 17.45	Spinning	<i>Steve</i>
17.45 – 18.30	Body Pump	<i>Steve</i>
18.45 – 19.30	Body Combat	<i>Sam</i>

Saturday

08.15 – 09.00	Spinning	<i>Steve</i>
09.05 – 10.05	Body Pump	<i>Steve</i>
10.15 – 11.15	Body Combat	<i>Sam</i>
11.30 – 12.30	Stretch and Relax	<i>Chris</i>

Sunday

09.00 – 09.45	Spinning	<i>Hannah</i>
10.00 – 10.45	HIIT	<i>Fitness team</i>

*Cover Instructor

All classes must be booked to reserve your place, this can be done up to 6 days in advance. Please remember to cancel your place on a class if you are unable to attend on 0124 408 840.