

# Fitness Classes

**Timetable runs from 31st March - 29th June 2025.**

Please book your classes up to 7 days in advance using your personal online booking link which you will have received by email. If you need a reminder of your link or would like to book by telephone please contact Health Club reception on 01635 551188.



## — // CLASS DESCRIPTIONS // —

**Abs Blast:** A class aimed at giving you an intense workout to strengthen the core, abdominal and lower back muscles.

**Aerobics:** A dynamic, aerobically choreographed class designed to burn calories and improve your fitness levels.

**Aqua Aerobics:** This class is a non-impact, high intensity workout that combines cardiovascular and conditioning exercises. All levels of fitness are welcome.

**Beginners Pilates:** This class is designed for beginners and those who are new to Pilates, helping increase strength and flexibility for a better posture.

**Beginners Yoga:** Designed for those who wish to start off on the basics, to enjoy and ease their way through a Yoga session.

**Body Pump:** A class that will sculpt, tone and strengthen your entire body. Focusing on low weight and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle.

**Body Toning:** This class incorporates cardio, endurance and resistance training to give you a full body workout.

**Circuits:** This is a multi stationed group exercise class designed to work on all the basic elements of fitness - strength, stamina and flexibility.

**Fitness Pilates:** Pilates with added intensity! Good for strengthening the core and combines functional fitness variations of the traditional Pilates movements.

**Full Body HIIT:** Our HIIT class is a full body, heart pumping, aerobic, strength and conditioning workout, to make you sweat and burn those calories quickly.

**Legs, Bums & Tums:** Our Legs, Bums and Tums class is a great workout that helps tone and shape your lower body, burn fat, improve flexibility, as well as improving your general fitness.

**Low Impact HIIT:** This class will get your heart rate going without putting an unnecessary stress on your joints and body, great for those who want to get fit and burn calories.

**Pilates:** A class that helps to increase strength and flexibility. It promotes the body to have better posture and move in a more efficient way.

**Rhythmic Pilates:** This class expands on the traditional Pilates method by incorporating balance and Yoga style movements to create routines choreographed to music.

**Studio Cycling:** Our instructor simulates a bicycle ride travelling on flat roads, climbing hills, sprinting and racing. This class is a fantastic, high-intensity, calorie burning workout.

**Supple Strength:** Supple Strength incorporates elements of Yoga, Pilates and Body Conditioning to create a holistic workout. This class will help improve strength, flexibility and posture.

**Yoga:** A class for all abilities. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, Yoga becomes more of a mind set and a way of living.

# Fitness Classes

31st March - 29th June 2025

Our current timetable is also available to download from our website  
[www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk)

Please book your classes up to 7 days in advance online or with  
Health Club Reception

All classes are £5 per class or 10 classes for £40 with a class passport.  
All classes are included in a gold membership.

MON	<i>Body Toning</i> 07.00 - 07.45 RADKA	<i>Aqua Aerobics</i> 09.00 - 09.45 SARAH	<i>Aerobics</i> 09.30 - 10.30 DAWN	<i>Yoga</i> 10.45 - 12.00 HELEN	<i>Studio Cycling</i> 13.15 - 14.00 JAMES	<i>Aqua Aerobics</i> 17.30 - 18.15 SARAH	<i>Body Pump</i> 18.25 - 19.10 SARAH	<i>Fitness Pilates</i> 19.15 - 20.00 KATHRYN
TUES	<i>Body Pump</i> 09.30 - 10.15 JAMES K	<i>Aqua Aerobics</i> 09.30 - 10.15 DAWN	<i>Pilates</i> 10.30 - 11.30 TRISH	★	<i>Body Pump</i> 11.45 - 12.30 BECKY	<i>Supple Strength</i> 13.00 - 13.45 LUKE	<i>Legs, Bums &amp; Tums</i> 18.00 - 18.45 BECKY	<i>Yoga</i> 19.00 - 20.00 RENU
WEDS	<i>Circuits</i> 07.00 - 07.45 JAMES	<i>Full Body HIIT</i> 09.00 - 09.45 HANNAH	<i>Beginners Pilates</i> 10.00 - 11.00 SARAH	<i>Low Impact HIIT</i> 11.45 - 12.30 HANNAH	<i>Pilates</i> 12.45 - 13.30 TRISH	<i>Abs Blast</i> 17.30 - 18.00 RADKA	<i>Aqua Aerobics</i> 17.30 - 18.15 SARAH	<i>Rhythmic Pilates</i> 18.05 - 19.05 RADKA
THURS	<i>Studio Cycling</i> 08.30 - 09.15 JAMES	<i>Aqua Aerobics</i> 09.00 - 09.45 SARAH	<i>Body Pump</i> 09.30 - 10.15 BECKY	<i>Yoga</i> 10:45 - 12.00 HELEN	<i>Pilates</i> 12.15 - 13.15 TRISH	<i>Body Toning</i> 18.00 - 18.45 RADKA	<i>Pilates</i> 19.00 - 19.45 SARAH	
FRI	<i>Aerobics</i> 09.30 - 10.30 DAWN			<i>Beginners Yoga</i> 10.45 - 11.45 RENU		<i>Pilates</i> 12.00 - 13.00 MAGEE		★
SAT	<i>Body Pump</i> 08.30 - 09.15 EMMA	<i>Studio Cycling</i> 09.30 - 10.15 JAMES/RADKA	<i>Abs Blast</i> 10.30 - 11.00 JAMES/RADKA					
SUN					<i>Yoga</i> 10.00 - 11.00 RENU/KATT			