

## YOGA FOR ALL

A breath-centered yoga class suitable for all levels encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

## YOGA FLOW

A dynamic class designed to increase stamina, strength, balance, flexibility, enhance focus and relaxation by holding both challenging and relaxing poses with focus on the breath. Suitable for all abilities.

## DYNAMIC YOGA FLOW

This class focuses on waking up the whole body from head to toe. With hamstring combined core warm ups, through to yoga salutations, standing poses for strength and opening the hips through twists, to kick start your morning. Suitable for all abilities.

## YIN YOGA

Yin is a slow pace style of yoga in which we remain still during postures, for a longer length of time than yang practices. Yin targets the deeper layers of connective tissue and fascia, increasing circulation, improving flexibility and encouraging introspection and self-care. Yin is a practice of stillness and patience, an opportunity to observe, nurture and cultivate balance in our minds and bodies. As this class is currently online, you will need to have next to you, a couple of cushions, yoga block if you have one (or big hardback book) and a blanket.

## YOGALATES BALANCE

A balance of Yoga and Pilates to increase your flexibility, strength, core, and balance, delivered through smooth sequences and controlled breathing. Options will be given so you can work to your preferred intensity. This class is designed to leave you stretched, strong and centered.

## PILATES

Developed by Joseph Pilates. Interconnected movements with a breathing pattern, integrating mind & body, enhancing energy and relaxation by working through all movement planes.

## FITNESS PILATES

Attacks the routes of bad posture by toning little used muscle groups in the abdomen, torso, upper & lower back, while incorporating a slow breathing technique to energise the body.

## SILVER FIT AND FUN

A low impact class designed to get you moving and importantly have fun whilst working out.

## AQUA FIT

For all of you missing moving in the water with Nikki. Subtle strength exercises and social connection for our young at heart members.

## TRAIL RUN TRAIN

Why not improve your cardio, strength and flexibility whilst also enjoying the stunningly beautiful grounds of Combe Grove Manor. This session will take in the beautiful aesthetics of the forest paths below the main house, starting and finishing at the Coach House.

## BEGINNERS SPIN

This class builds endurance, speed, and cardiovascular fitness. It is all about the feeling- no stats involved, this class is focused on enjoying movement and having fun.

## ZUMBA

Dance based, fun class for everyone. Infectious music makes the time fly. Turns frowns upside down. This class is for everybody who wants a fun workout.

## FITSTEP

This is a uplifting class delivered through simple dance and toning moves, using many well known pop classics. It is suitable for people of all levels.

## BARRE FITNESS

This is a hybrid workout class that combines ballet inspired moves with elements of Pilates, dance, yoga and strength training. Including classic ballet moves such as plies and balances, alongside static stretches.

## FUNCTIONAL FITNESS

A class to challenge and improve all aspects of your fitness. Especially good for knees, ankles, hips and backs. Moderate intensity but can be altered to suit you.

## ESSETRICS

Essestrics is a unique new fitness approach that strengthens and lengthens all 650 of your muscles in a single work-out, transforming not just the look but the actual health and function of your body. Essestrics sessions offer 60 minutes of dynamic, therapeutic movement done to music that leaves you toned and lean, with reduced problems in knees, hips and spine and a boost to energy, mobility and confidence in your body every day.

## TOTAL BODY WORKOUT

A fun low impact fitness class using different equipment. Suitable for all.

## FULL FITNESS WORKOUT

This is a fun full workout for the whole body designed to challenge you and change your shape, it includes work with dumbbells targeting specific areas such as abs and legs, this will improve your cardiovascular function, burn calories and build muscle tone.

## SUPPLE STRENGTH

A fun workout to keep you strong & flexible.

## GYM BALL

A fun class targeted to hit the whole body with different gym ball exercises.

## ABS BLAST

A challenging abs class held outside on the tennis court. Ella's bubbly enthusiasm will see you through to the end!

## STUDIO, ONLINE & OUTSIDE MARQUEE CLASSES TIMETABLE FOR 19TH JULY 2021

# COMBE GROVE

## LES MILLS SH'BAM

### SH'BAM - A FUN LOVING DANCE WORKOUT

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## LES MILLS BODYATTACK

### BODY ATTACK - GET FIT, STAY FIT, GET FITTER

We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

## LES MILLS BODYBALANCE

### BODY BALANCE - CALM AND CENTRED, LONG AND STRONG

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

## LES MILLS BODYPUMP

### BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



# COMBE GROVE STUDIO & ONLINE CLASS TIMETABLE

19TH JULY 2021

## MONDAY

<b>STUDIO 08.15-09.00</b> <b>CIRCUITS</b> Ed
<b>ONLINE 09.15 -10.00</b> <b>FITSTEP</b> Mirella
<b>STUDIO &amp; ONLINE 10.45 - 11.45</b> <b>BODY BALANCE</b> Jules
<b>INDOOR POOL 11.00 -12.00</b> <b>AQUA FIT</b> Nikki
<b>STUDIO 17.45 -18.45</b> <b>BODY PUMP</b> Barry
<b>STUDIO 18.55 -19.45</b> <b>STEP</b> Barry

### ONLINE CLASS ESSENTIALS

Once you have registered for your weekly access to our timetable, you need to use the SAME LINK FOR EVERY CLASS DURING THAT WEEK which will be automatically sent to you after registering.

### GENERAL REQUIREMENTS

Reliable internet connection. Computer/laptop/tablet or a smartphone (a bigger screen helps), making sure your webcam and microphone are enabled and you can see the screen whilst exercising. Water, a mat and comfortable space to move around, some classes may require a towel, shawl/blanket.

## TUESDAY

<b>ONLINE 07.45-08.30</b> <b>FULL FITNESS WORKOUT</b> Jules
<b>ONLINE 08.35 -09.20</b> <b>BODY BALANCE</b> Jules
<b>OUTSIDE 09.00-09.45</b> <b>CARDIO BURN</b> Andy
<b>STUDIO 09.30 -11.00</b> <b>YOGA</b> Angela
<b>STUDIO 11.00-12.00</b> <b>ZUMBA</b> Juliet
<b>STUDIO 12.30 -13.30</b> <b>PILATES</b> Level 2* Storme
<b>OUTSIDE 13.30-14.30</b> <b>CIRCUITS</b> Ella
<b>OUTSIDE 18.00-19.00</b> <b>BODY ATTACK</b> Chris Tennis ct 1 weather dependant

## WEDNESDAY

<b>STUDIO &amp; ONLINE 08.00-08.45</b> <b>FUNCTIONAL FITNESS</b> James
<b>STUDIO 08.45 -09.15</b> <b>GYM BALL</b> Kaylyn
<b>STUDIO &amp; ONLINE 09.30 -10.15</b> <b>SILVER FIT AND FUN</b> Jules
<b>STUDIO 10.30 -11.30</b> <b>BODY PUMP</b> Jules
<b>STUDIO 11.45 -12.45</b> <b>GENTLE FLOW YOGA</b> Mirella
<b>OUTSIDE 12.00-12.30</b> <b>ABS BLAST</b> Ella - Outside Tennis Ct1
<b>STUDIO 18.00 -18.45</b> <b>SH'BAM</b> Chris
<b>STUDIO 19.00 -19.45</b> <b>FULL BODY POWER</b> Louise

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

RELAX STRENGTHEN  
& RE-ENERGISE

## THURSDAY

<b>GYM/ OUTSIDE 08.00-08.45</b> <b>SUPPLE STRENGTH</b> Nikki
<b>STUDIO 09.00-10.00</b> <b>BODY BALANCE</b> Nikki
<b>STUDIO 10.15-10.45</b> <b>ABS BLAST</b> Gym Team
<b>ONLINE 11.00-12.00</b> <b>ZUMBA</b> Juliet
<b>STUDIO 12.15-13.00</b> <b>STRENGTH &amp; HIIT</b> Euan
<b>STUDIO &amp; ONLINE 12.30 -13.30</b> <b>PILATES</b> Level 1* Storme
<b>STUDIO &amp; ONLINE 18.00-18.45</b> <b>SH'BAM</b> James
<b>STUDIO &amp; ONLINE 19.00 -19.45</b> <b>BODY PUMP</b> James

## FRIDAY

<b>STUDIO &amp; ONLINE 08.00 -08.45</b> <b>FUNCTIONAL FITNESS</b> James
<b>ONLINE 08.45-09.30</b> <b>BARRE FITNESS</b> Mel
<b>STUDIO 10.45 -11.45</b> <b>TOTAL BODY WORKOUT</b> Jackie
<b>INDOOR POOL 11.00-12.00</b> <b>AQUA FIT</b> Nikki
<b>OUTSIDE 09.45 -10.45</b> <b>BLITZ</b> Andy
<b>ONLINE 16.30-17.30</b> <b>YIN YOGA</b> Jane
<b>ONLINE 18.15 -19.15</b> <b>BODY BALANCE</b> Nikki
<b>STUDIO 18.00-18.30</b> <b>HIIT</b> Barry

## SATURDAY

<b>STUDIO 09.00-10.00</b> <b>BODY ATTACK</b> Charley
<b>STUDIO 10.15-11.15</b> <b>BODY PUMP</b> Charley
<b>STUDIO 11.30-12.30</b> <b>FITNESS PILATES</b> Brenda
<b>STUDIO 17.00-18.00</b> <b>YOGA FLOW</b> Carrie
<b>STUDIO 18.00-18.45</b> <b>CIRCUITS</b> Barry
<b>SUNDAY</b>
<b>STUDIO 09.30-10.30</b> <b>CIRCUITS</b> Gym Team
<b>ONLINE 09.30-10.30</b> <b>YOGALATES BALANCE</b> Mirella
<b>STUDIO 16.00-17.30</b> <b>YOGA FLOW</b> Rotation Yoga Instructors

\* Level 1 - Full spectrum Pilates class with a slower pace, suitable for all levels.

\* Level 2 - Full spectrum Pilates class with a faster pace.

NB. All online classes on this page will be taught by instructors from their homes

# COMBE GROVE SPIN STUDIO CLASS TIMETABLE

19TH JULY 2021

AEROBIC FITNESS  
& CALORIE BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

## MONDAY

**OUTSIDE 09.00-10.00**  
**TRAIL RUN TRAIN**  
Matt - Meet leisure reception

**STUDIO 16.45 -17.30**  
**SPIN**  
Brian

**STUDIO 18.15-18.45**  
**BEGINNERS SPIN**  
Louise

## TUESDAY

**STUDIO 07.45-08.30**  
**SPIN**  
Barry

**STUDIO 12.15-12.45**  
**SPIN**  
Louise

**STUDIO 17.00-17.45**  
**SPIN**  
Brian

## WEDNESDAY

**STUDIO 08.50-09.35**  
**SPIN**  
James

**OUTSIDE 18.00-19.00**  
**TRAIL RUN TRAIN**  
Matt Meet leisure reception

**STUDIO 18.30-19.15**  
**SPIN**  
James

## THURSDAY

**STUDIO 07.45-8.30**  
**SPIN**  
James

**STUDIO 17.00-17.45**  
**SPIN**  
Brian

**STUDIO 18.00-18.45**  
**SPIN**  
Brian

## FRIDAY

**STUDIO 08.50-09.35**  
**SPIN**  
James

## SATURDAY

**STUDIO 16.00-16.45**  
**SPIN**  
Brian

## SUNDAY

**MONDAY**

**STUDIO 16.30- 17.30**  
**YIN YOGA**  
Jane

**TUESDAY**

**STUDIO 16.30 -17.30**  
**YOGA FLOW**  
Mirella

**STUDIO 18.30 -19.30**  
**BODY BALANCE**  
Nikki

**WEDNESDAY**

**STUDIO& 17.00 -18.00**  
**FITNESS PILATES**  
Brenda

**IN THE OAK ROOM**

**RELAX STRENGTHEN  
& RE-ENERGISE**

**THURSDAY**

**STUDIO 17.45-18.45**  
**ESSETRICS**  
Catherine

**FRIDAY**

**STUDIO 09.30-10.30**  
**YOGA FLOW**  
Annie

**SATURDAY****SUNDAY**