

## POWER YOGA

Very active form of Yoga, follows a series of postures, designed to improve strength, balance and flexibility.

## PROGRESSIVE FLOW YOGA

A dynamic class suitable for those with more experience that includes some challenging postures and flowing sequences working with strength and stamina whilst still retaining breath awareness and focused exploration. Suitable for intermediate level and regularly practicing Yogis.

## 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 and focusing on the breath. Suitable for all abilities.

## GENTLE YOGA

Wednesday class is a gentle yoga practice with the aim of loosening up the body whilst stretching, relaxing and breathing. Suitable for all abilities including beginners.

## 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 you morning. Suitable for all abilities.

## VINYASA FLOW YOGA

This class places emphasis on synchronising breath and movement to bring body and mind into balance, Carolyn's classes combine uplifting flow sequences which encourage strength and flexibility with relaxing restorative postures, pranayama and meditation promoting a deeper connection to yourself and an overall sense of wellbeing. This class is suitable for all levels.

## PILATES

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

## FITNESS PILATES

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

## CONDITIONING

A general shaping up session that uses light hand weights to help tone the whole body.

## 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.

## CIRCUITS

Trim your waist and strengthen your core muscles with this fun, furious circuit class. It never gets boring a different class every week.

## TOTAL BODY WORKOUT

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

## STUDIO ETIQUETTE

Wear clothing & trainers that are appropriate for the class  
Take regular sips of water during exercise/classes to prevent dehydration

Inform the instructor of any medical conditions, if you are new or returning to exercise

Please arrive 5 minutes before the class starts. This is for your own health & safety & disruption to other members

Please switch off your mobile phones during all classes

## CLASS BOOKINGS

Class bookings can be made online at [combegrove.com/club/book/](http://combegrove.com/club/book/) or through reception in person or by calling the club on 01225 838680

## 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 fitness class delivered through dance, designed by dancers from Strictly Come Dancing. It is the first time that classic Latin and Ballroom dances have been brought together with proven fitness techniques and principles. This class has an emphasis on helping people towards fitness, the class is structured to deliver real, measurable, fitness results. It is suitable for people of all different levels of fitness from beginner to advance as the Instructor is able to deliver the steps in varying degrees of intensity.

## AQUA FIT

Exercise to music in the swimming pool. Great for everyone, particularly joint/mobility problems. Great for non swimmers.

## STEP

Using height adjustable steps, this is the step workout that makes you feel liberated & alive without over-dosing on complicated choreography. This is a serious high gear fat burning workout. It will shape & tone your body.

## SPIN

Let the music be your tour guide in this invigorating indoor cycling class, using static bikes exploring different terrains. Suitable for all levels as you control the intensity.

# COMBE GROVE



## SH'BAM - A FUN LOVING DANCE WORKOUT

Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star - even if you're dance challenged burn up to 500 calories and muscles intensely soothed.



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

A high energy interval training class combines athletic aerobic movements with strength & stabilisation exercises. Burn calories, tone, raise stamina, improve balance & agility, strengthen, improve bone density & increase heart & lung fitness, burn up to 570 calories.



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

Lengthen & strengthen with this beautiful combination of Yoga, Pilates & Tai Chi. It builds flexibility & strength, leaving you centred & calm. It is a workout that restores the body into a state of harmony & balance, be prepared to burn around 440 calories.



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

The original weights class, still fresh from New Zealand that builds strength, tones your body, pushes you to the limit every time, burns serious calories, & increases bone density. It's fun too! Burn up to 600 calories.

# COMBE GROVE

## STUDIO TIMETABLE 2018

MEMBERS & HOTEL GUESTS WELCOME

PLEASE BOOK ON 01225 838680

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AEROBIC FITNESS  
& CALORIE  
BURNING

CONDITION &  
TONE MUSCLES

DANCE BASED  
CLASSES

RELAX,  
STRENGTHEN  
& RE-ENERGISE

### MONDAY

0800 BODY PUMP  
0845 Sharon

0845 SPIN  
0930 Sharon

0845 BARRE FITNESS  
0930 Mel

0930 FITSTEP  
1015 Mirella K

1030 BODY BALANCE  
1130 Jules

1100 AQUA (POOL)  
1145 Nikki

1130 POWER YOGA  
1300 Angela

1745 BODY PUMP TECHNIQUE  
1800 Barry

1800 SPIN  
1845 Brian

1800 BODY PUMP  
1900 Barry

1900 STEP  
2000 Barry

### TUESDAY

0730 PROGRESSIVE FLOW YOGA  
0830 Christian

0845 BODY BALANCE  
0930 Jules

0930 CONDITIONING  
1030 Jules

1030 YOGA FOR ALL  
1200 Angela

1230 PILATES  
1400 Storme

1645 YOGA FLOW  
1745 Mirella L

1800 SPIN  
1845 Brian

1800 BODY ATTACK  
1900 Chris

1900 BODY BALANCE  
2000 Nikki

### WEDNESDAY

0800 FUNCTIONAL FITNESS  
0845 James

0845 SPIN  
0930 James

0930 ZUMBA  
1015 Juliet

1030 BODY PUMP  
1130 Jules

1140 GENTLE YOGA  
1240 Mirella L

1715 FITNESS PILATES  
1800 Brenda

1800 BODY PUMP  
1900 Grace

1900 SPIN  
1945 James

1900 ZUMBA  
1945 Debby

### THURSDAY

0730 MY KIND OF YOGA FLOW  
0830 Jules

0800 SPIN & ABS  
0845 James

0845 BODY BALANCE  
0930 Nikki

0930 CONDITIONING  
1015 Nikki

1015 ZUMBA  
1100 Juliet

1115 PILATES  
1215 Kay

1215 PILATES  
1315 Kay

1230 SPIN  
1315 Mel

1800 SPIN  
1845 Brian

1800 BOXERCISE  
1900 Barry

1900 SH'BAM  
1945 Rita

1945 BODY ATTACK  
2030 Rita

### FRIDAY

0800 FUNCTIONAL FITNESS  
0845 James

0845 SPIN  
0930 James

0845 DYNAMIC FLOW YOGA  
0930 Annie

0930 HIIT CIRCUITS  
1000 Gym Team

1000 BODY PUMP  
1100 Grace

1100 AQUA (POOL)  
1145 Nikki

1115 TOTAL BODY WORKOUT  
1215 Jackie

1745 SPIN  
1830 Melissa

1800 HIIT  
1830 Barry

1830 BODY BALANCE  
1930 Nikki

### SATURDAY

0845 SPIN  
0930 Grace

0900 HIIT CIRCUITS  
0930 Gym Team

0930 BODY ATTACK  
1030 Charley

1030 FITNESS PILATES  
1130 Brenda

1140 BODY PUMP  
1240 Charley

1700 VINYASA FLOW YOGA  
1800 Carolyn

1800 BOXERCISE  
1900 Barry

### SUNDAY

1000 CIRCUITS  
1100 Gym Team

1100 SH'BAM/ZUMBA  
1145 Rita/Debby  
(alternating Sundays)

1200 BODY BALANCE  
1300 Rita

1700 YOGA FLOW  
1830 Annie, Carrie, Jules,  
Maddie (alternating)