



Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hatha Yoga 7.30 - 8.15am	Barre 7.15 - 8am	Cardio Blast 7 - 7.45am	Barre 7.15 - 8am		
Stability Ball 8 - 8.45am	Box Fit 8.15 - 9.00am	Pilates 8.15 - 9.00am		Stability Ball 8.15 - 9am	HIIT <i>(in the gym)</i> 8 - 8.45am	
Yoga Stretch 9.15 - 10am	Pilates Flow 9.15 - 10am	Functional Fitness 9.15 - 10am	Pilates 9 - 9.45am	Yoga Stretch 9.15 - 10am	Yoga 9 - 10am	
						Boot Camp 10.15 - 11.15am
	HIIT <i>(in the gym)</i> 5 - 5.45pm			Yoga 5.45 - 6.30pm		
Pilates 6 - 6.45pm	Boot Camp 6 - 6.45pm	Yoga Stretch 6.15 - 7.15pm	Kettle Bells 6.15 - 7.15pm	Circuits <i>(in the gym)</i> 6.30 - 7.15pm		
Meditation and breath work 7 - 8pm	Yoga 7 - 7.45pm		Vinyasa Yoga 7.30 - 8.30pm			

The studio will also be available to book 121 and group personal training or Pilates sessions
All classes are free to members and hotel guests

- Book in via reception

For more information, please see a member of the gym team.

01752 344455 / www.gaiaboringdon.co.uk

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BARRE

Based on fundamental ballet moves at a barre this focuses on a strong core utilizing postures and techniques from small controlled movements. It's harder than it looks. No need to have any dance experience.

BOOT CAMP

Come along to a fun, functional fitness session that uses many different activities and concepts it's great for fat burning too.

CARDIO BLAST

This class will start off your week beautifully with a cardio kick-start progressive in aerobic exercises to wake up your body and keep a healthy heart.

CIRCUITS

It's simply an all over body work out. Burn calories and increase your muscle tone and maximize your work out efficiency.

FUNCTIONAL FITNESS

An all over body work out, burn calories in a great fun way as you lunge step and squat, suitable for everyone and adapted for all your needs.

HATHA YOGA

You will find stillness and tranquillity in this restorative yoga practice, allowing body and mind to harmoniously relax together, allowing stress and tension to melt away. This class is a perfect complement to the more dynamic and energetic practices offered.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

It's fast, its calorie burning and fun and its efficient whilst challenging your motor skills.

KETTLE BELLS

A high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups.

MEDITATION AND BREATH WORK

Improve your mental, physical and spiritual wellbeing by developing a better awareness of your breath. A practical class with meditation practices' with a focus on breathing.

PILATES

Ease away life's aches and pains with this Low impact, although challenging class, aimed at core strength, postural alignment, achieving length, strength and flexibility.

PILATES FLOW

Pilates based workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

SPINNING

An indoor cycle work out, great for your cardiovascular fitness. Focusing on strength and endurance at high and low intervals.

STABILITY BALL

By using the Ball you can really activate your core to its max. This unique exercise helps with your stabilising muscles due to the ball being unstable in certain positions. Suitable for all abilities and fitness levels.

YOGA

Chill out with the relaxed atmosphere, practice varied yoga techniques and principles to suit all abilities.

YOGA STRETCH

A calming and elegant class, yoga poses stretch and strengthen your muscles and increase your range of motion and your balance.

VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

