



# Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up, Work Out 7 - 7.45am	Gentle Flow Yoga 7.30 - 8.15am	Ballet Barre 7.30 - 8.15am		HIIT 7.30 - 8am		
Core Strengthening 8 - 8.45am			Body Flow 8 - 8.45am	Core Strengthening 8.15 - 9am	Spinning 8.30 - 9.15am	
Yoga Stretch 9.15 - 10am	Pilates 9.15 - 10am	Body Conditioning 9.15 - 10am	Pilates 9 - 9.45am	Yoga Stretch 9.15 - 10am		
	Legs, Bums & Tums 10.15 - 11am	Pilates 10.15 - 11am			Yoga 10.30 - 11.30am	Boot Camp 10.15 - 11.15am
Boot Camp 5 - 5.45pm	HIIT 5 - 5.45pm		Kettleball 5 - 5.45pm	Vinyasa Flow Yoga 5.30 - 6.30pm		Spinning 5 - 6pm
Full Body Tone 6 - 6.45pm	Spinning 6.30 - 7.30pm	Yoga Stretch 6.15 - 7.15pm	Spinning 6.15 - 7.15pm	Full Body Circuit 6.30 - 7.30pm		
Yoga Stretch 7 - 8pm			Vinyasa Flow 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](http://www.gaiaboringdon.co.uk)

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## **VINYASA YOGA**

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga. In vinyasa yoga, each movement is synchronized to a breath.

## **YOGA STRETCH**

Yoga Stretch is a combination of yoga poses and stretches with elements of Tai Chi, Yoga and Pilates. It will improve flexibility, muscle strength, posture and a feeling of wellbeing. Suitable for all abilities who will leave the class feeling amazing.

## **GENTLE FLOW YOGA**

Designed to revitalise the body, relax the mind and reduce stress, this slow moving Yoga class synchronises movement with breath for the perfect mind and body connection. Great for beginners and anyone wanting to restore their internal balance.

## **HIIT (HIGH INTENSITY INTERVAL TRAINING)**

HIIT offers an intense full body workout. Using a variety of bodyweight exercises and holds, this class will get you sweating while targeting all the areas you are looking to tone. You will find this a highly-effective and challenging exercise option and we guarantee it to be challenging and effective.

## **BODY FLOW**

Pilates based workout that builds flexibility and strength and leaves you feeling centered 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

## **PILATES**

This classical Pilates class encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk. The exercises follow the six principles of Joseph Pilates to tone and stretch the body without impact. Choreographed to music, this class will also improve posture, help prevent injuries and invigorate the whole body and mind. A calm yet challenging class that is suitable for any age/ fitness as different levels are given.

## **BOOT CAMP**

The boot camp is designed to build strength and fitness through a variety of intense group intervals over a 2-hour period of time. A tough (don't wear your best gear) type of session to ensure those results are achieved.

## **SPINNING**

A high-intensity cardio work out, an effective, efficient way to burn calories, and the pedalling gives you some resistance training, too. If your only exercise is spinning, we advise adding more resistance training to your routine two or three times a week, if weight loss is your goal.

