



Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 7-7.45am	Gentle Flow Yoga 7.30 - 8.15am	Spin Flex 6.30 - 7.15am	Body Flow 7 - 7.45am	Yoga Stretch 9.15 - 10am	Spinning 9.30 - 10.15am	Spin Flex 8 - 8.45am
Yoga 9.15 - 10am	Pilates 9.15 - 10am	Pilates 10.30 - 11.15am	Pilates 9.15 - 10am		Yoga 10.30 - 11.30am	Boot Camp 9.15 - 10.15am
PtYo 5.30 - 6.15pm		HIIT 5.15 - 6pm	Pump Blast 5.15 - 6.15pm	Vinyasa Flow Yoga 5.30 - 6.15pm		
LBT 6.30 - 7.15pm	HIIT 6.15 - 7pm	Yoga Stretch 6.15 - 7.15pm	Spinning 6.30 - 7.15pm	Spinning 6.30 - 7.15pm		
Yoga Stretch 7.15 - 8.15pm	Spinning 7.15 - 8pm	Spinning 7.30 - 8.15pm	Vinyasa Flow Yoga 7.30 - 8.15pm			

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

@Gaiaboringdon #Gaiaboringdon

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.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fatburning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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.

PUMP BLAST

A whole body workout with upbeat music to help you along. Using a variety of weights and functional moves to ensure all those hard to hit areas feel like they've had a workout. Designed to help shape and tone the body.

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.

SPIN FLEX

Combines Spinning and functional training in a great combo class. You will use the bike for a traditional Spin set, then you'll jump off, head to the a variety of equipment and have a great functional/circuit workout. You'll get the benefit of a cardio and weights workout all in one.

