



STAPLEFORD PARK

EST. 1783

Fitness Class Timetable

DAY	TIME	CLASS	INSTRUCTOR
Monday	6.00pm - 7.00pm	Flow Yoga	Richard
Wednesday	9.30am - 10.30am	Body Tone	Ash
	2.00pm - 3.00pm	Guided Walk	Ash
	6.00pm - 7.00pm	Pilates	Sam
Thursday	6.30pm - 7.30pm	Body Tone	Ash
Friday	10.30am - 11.30am	Stretch & Mobility	Adam
Saturday	11.00am - 12.00pm	Yoga	Richard
Sunday	Sunday 3 rd Nov 10.30am - 11.15am	Legs & Stomach Blast	Helen
	Sunday 3 rd Nov 11.15am - 12.00pm	Tai Chi	Helen

Flow Yoga (60 minutes) - Richard's unique yoga is geared towards slowing down the aging process, combining traditional yoga movements, with dynamic stretching. This class is suitable for all levels.

Circuits (60 minutes) - A combination of six or more exercises for either a set number of repetitions/ amount of time performed with short rest periods in between. A mixture of cardio, resistance and strength training activities.

Body Tone (60 minutes) - Involves completing reps using a choice of weights which are designed to boost your metabolism and burn body fat. This class varies from week to week to keep your body on its toes and ensure you continue to condition, tone and sculpt your whole body.

Pilates (60 minutes) focuses on the body and mind. Promoting core strength, endurance, posture, flexibility, balance, co-ordinator, and body awareness. Pilates caters perfectly for all ages and levels of fitness ability.

Stretch & Mobility (60 minutes) - How do you judge someone's fitness? Is it how fast they can run, or how much weight they can lift? Movement is the ultimate indicator of fitness. This class will work on muscle groups that become overstretched or tight and result in imbalance. Improve flexibility and balanced mobility, reduce stiffness, prevent injury, release stress and tension.
Open to all levels of fitness.

Guided Walk - Join us for a stroll through the picturesque grounds of Stapleford Hotel, accompanied by our experienced fitness instructor, Ash. This guided walk will be limited to one hour. Please ensure you wear comfortable footwear for the duration.

Tai Chi - Involves a series of movements or "forms" that flow seamlessly into one another, promoting physical and mental well-being.

Legs and Stomach Blast - A full-body aerobic workout with a particular focus on the legs and stomach.

Please note the classes are subject to cancellation or change.

We kindly request that you provide a minimum of 24 hours' notice if you need to cancel, allowing other members the opportunity to attend. For non-members, class fees start at £6. For more information please call: 0157278057 or email: wellbeingcentre@staplefordpark.com