CLASS TIMETABLE

MONDAY

AM

7:00 - 7:45
Circuits
With Danny

7:15 - 8:10
Reformer Pilates*
With Emma

8:30 - 9:15
Legs, Bums & Tums
With Emma

9:15 - 10:15
Pilates & Stretch
With Beth

9:30 - 10:15
Box Fit
With Sophie

9:30 - 10:15
Zumba
With Jack

9:40 - 10:25
Stages Cycle 45
With Ellie

10:30 - 11:15
Body Sculpt
With Ellie

10:30 - 11:30
Slow Flow Yoga
With Vina

11:30 - 12:15
Postnatal Circuits
With Joanna

11:45 - 12:45
Pilates
With Beth

11:45 - 12:30
Low Impact Circuits
With Richard

PM

12:00 - 12:45
Strength on The Gym Floor
With Conrad

13:15 - 14:15
Tai Chi
With Linda

15:00 - 15:45
Pilates
With Charlotte

17:15 - 18:00
Pilates
With Bea

18:15 - 19:00
Stages Cycle 45
With Richard

18:15 - 19:00
Stretch Yoga
With Emma

18:15 - 19:00
Circuits
With Charlotte

19:05 - 19:50
Jazz Dance
With Charlotte

19:15 - 20:00
Functional Fitness
With Richard

TUESDAY

AM

7:00 - 7:45
Core and Stretch
With Magda

7:45- 8:30
Menopause Yoga
With Sulyone

8:45 - 9:30
Fitness Pilates
With Rebekah

8:45 - 9:45
Pilates for Golf
With Bea

9:30 - 10:15
Body Sculpt
With Magda

9:30 - 10:30
Rhythm Cycle & Abs
With Richard

10:00- 11:00
Pilates (int)
With Bea

10:30 - 11:15
Aqua
With Christabel

10:35 - 11:20
Total Body Workout
With Richard

11:05 - 11:40
Postnatal Pilates and Stretch
With Ellie

11:15 - 12:00
Seated Yoga
With Bea

11:30 - 12:15
Freestyle Pump
With Christabel

PM

12:00 - 12:45
Low Impact Functional Fitness
With Ellie

12:15 - 13:15
Hatha Yoga
With Rebekah

12:30 - 13:15
Zumba
With Joanna

13:30 - 14:30
Fundamental Yoga
With Vina

16:30 - 17:30
Open Box

17:15 - 18:00
Intro to Pilates
With Amanda

18:15 - 19:00
Pilates with Equipment (Int/Adv)
With Amanda

18:30 - 19:15
Functional Fitness
With Danny

18:30 - 19:15
Stages Cycle
With Simon

19:15 - 20:00
Classical Yoga
With Justine

19:30 - 20:15
Total Body Workout
With Mandy

WEDNESDAY

AM

7:00 - 7:45
Functional Fitness
With Shannon

8.40 - 9.25
Fitness Pilates
With Rebekah

9:00 - 9:55
Reformer Pilates*
With Aniko

9:30 - 10:15
Zumba
With Joanna

9:30 - 10:15
Functional Fitness
With Shannon

10:00 - 12:00*
Outdoor Cycle Club
With Simon

10:15 - 11:00
Stages & Stretch
With Ellie

10:15 - 11:15
Pilates
With Aniko

10:25 - 11:10
Barbell Circuits
With Joanna

10:30 - 11:15
Aqua
With Lidia

11:30 - 12:45
Rasa Flow Vinyasa
With Jean-Claude

11:30 - 12:15
Low Impact Aerobics
With Joanna

PM

12:00 - 12:45
Strength
With Conrad

12:30 - 13:15
Yogalates
With Rebekah

13:00 - 14:00
Restore & Rejuvenate Yoga
With Jean-Claude

14:15 - 15:15
Pilates
With Beth

15:30 - 16:25
Reformer for Racquets*
With Megan

17:15 - 18:00
Prickle Ball Release
With Kerry

18:15 - 19:00
Body Conditioning
With Sophie

18:15 - 19:00
Stretch & Relax
With Kerry

18:30 - 19:15
Functional Fitness
With Danny

19:15 - 20:15
Pilates
With Katrina

19:15 - 20:00
Zumba
With Claire B

19:15 - 20:00
Aqua
With Sarah

THURSDAY

AM

7:00 - 7:45
Barbell Circuits
With Joanna

8:30 - 9:15
Functional Fitness
With Charlotte

9:15 - 10:15
Fitness Pilates
With Kerry

9:30 - 10:15
Body Tone
With Jenna

9:30 - 10:15
Rhythm Cycle
With Sarah

10:30 - 11:15
BarreConcept
With Sarah

10:30 - 11:45
Pilates & Stretch
With Kerry

11:30 - 12:15
Postnatal Circuits
With Joanna

PM

12:00 - 12:45
Low Impact Functional Fitness
With Charlotte

12:00 - 13:00
Hatha Yoga
With Bea

13:30 - 14:30
Seated Yoga
With Bea

14:45 - 15:45
Tai Chi
With Linda

17:15 - 18:00
Vinyasa Flow Yoga
With Vina

18:15 - 19:00
Restorative Yoga
With Vina

18:30 - 19:15
Functional Fitness
With Ellie

19:15 - 20:00
Pilates
With Francesca

ATTENDING CLASSES

Please ensure you have booked onto your class online or in person via reception from 8am two days in advance.

Please inform the instructor of any injuries or conditions you have which may be affected by exercise.

For health and safety reasons, admittance to class will not be permitted five minutes after the class start time.

For your own safety, please ensure your footwear is appropriate for the class.

Please note, timetable is subject to change in certain circumstances including bank holidays. Contact the HealthSpa for more information.

Mobile phones are not permitted in class unless for emergency. If so, they must be kept on silent. Photos and videos must not be taken during class.

KEY

- These classes take place in The Yoga Cabin
- * Additional Charge
- J Junior activity available at this time
- THE BOX

PAVILION
FOXHILLS

Foxhills

CLASS TIMETABLE

FRIDAY

AM

7:00 - 7:45 THE BOX
Functional Fitness
With Danny

7:00 - 7:45
Cardio, core and stretch on the gym floor
With Magda

8:00 - 8:55
Intro to Reformer*
With Megan

8:30 - 9:15 THE BOX
Functional Fitness
With Sarah S

9:30 - 10:15 THE BOX
Functional Fitness
With Conrad

9:30 - 10:30
Joint Release Yoga
With Vina

9:30 - 10:15
Stages Cycle
With Simon

9:35 - 10:20
Legs, Bums & Tums
With Emma

10:30 - 11:30
Rhythm & Core
With Claire

10:30 - 11:15
Freestyle Pump
With Sarah S

10:45 - 11:45
Restorative Pilates
With Amanda

11:45 - 12:30
Zumba
With Claire

PM

12:00 - 12:45
Strength on Gym Floor
With Conrad

12:00 - 13:00
Stretch Yoga 60
With Heena

13:15 - 14:15
Pilates (Int/Adv)
With Heena

14:30 - 15:15
Seated Pilates
With Heena

16:00 - 16:55
Reformer Pilates*
With Kerry

17:15 - 18:15
Pilates and Stretch
With Kerry

17:30 - 18:30 THE BOX
Open Box

SATURDAY

AM

8:00 - 8:45
Circuits
With Joanna

8:30 - 9:15 THE BOX
Boxfit
With Danny

9:00 - 9:55
Legs, Bums & Tums
With Kerry

9:00 - 10:00
Running Club
With Dan

9:05 - 10:05 J
Pilates for Pelvic Health
With Rebekah

9:30 - 10:15 J
Stages Cycle 45
With Simon

10:15 - 11:15 J
Pilates
With Kerry

10:30 - 11:15
Functional Fitness THE BOX
With Joanna

11:30 - 12:15
Stretch & Relax
With Kerry

PM

12:00 - 12:45 THE BOX
Teen Functional Fitness (8+ years)
With Joanna

14:00 - 15:00
Pilates and stretch
With Justine

15:15 - 16:00
Seated Yoga
With Justine

SUNDAY

AM

8:00 - 8:55
Reformer Pilates*
With Emma

8:45 - 9:30 THE BOX
Functional Fitness
With Shannon

9:15 - 10:00
Body Conditioning
With Emma

9:30 - 10:45
Hatha Yoga
With Vina

10:00 - 12:00*
Outdoor Cycle Club
With Simon

10:10 - 11:10
Stages Cycle J
With Neil

10:15 - 11:00
Weighted Workout

11:00 - 12:00 J
Restorative Yoga and Meditation
With Vina

11:15 - 12:00
Dance Fit
With Lauren

PM

17:15 - 18:15
Gentle Hatha Yoga & Stretch
With Lizzie

KEY

- These classes take place in The Yoga Cabin
- * Additional Charge
- J Junior activity available at this time
- THE BOX These classes take place in The Box, upstairs in The Pavilion

PAVILION

Foxhills

CLASS DESCRIPTIONS

Aqua Get fit whilst toning and shaping your body using the resistance of water. Our skilled instructors and energising music will provide you with a great workout, whilst having fun and burning calories.

Abs and Glutes A focused session to improve core strength, targeting abs, obliques, lower back and glute muscles.

Barbell Circuits Challenge yourself with this resistance focused circuits class, with movement to target your whole body and build strength and improve tone, using barbells and dumbbells.

BarreConcept This unique workout combines the elements of Pilates, yoga, resistance training and ballet into a highly effective regime performed on the mat and at a ballet barre. The effect is a long, lean dancer's body without being a dancer.

Body Conditioning A high energy cardio and resistance workout that is great for fat burning. A combination of aerobics, weights and floor work will work your whole body to high energy music.

Body Sculpt - A low impact, full body mat workout. Conditioning and strengthening for a sculpted physique, and a great high energy workout to compliment cardio and high impact workouts.

BoxFit - A high-energy, non-contact workout inspired by boxing training techniques. This class combines pad work, shadowboxing, cardio drills, and bodyweight exercises to improve your strength, endurance, coordination, and agility. Suitable for all fitness levels,

Body tone: A full body workout using a barbell & dumbbells to increase strength and definition in the upper body, lower body and core. Suitable for all fitness levels

Cardio core and stretch Enjoy a high energy cardio and core workout finishing with a full body stretch at the end of your session with Magda on the gym floor. Suitable for all fitness levels.

Circuits Work your way through cardio, strength and endurance exercises, using a range of equipment and for different work to rest ratios. Perfect for improving cardiovascular fitness and building strength all in one.

Classical Yoga Classical Yoga is a system of spiritual knowledge. It is based on the traditional system of eight limbs, and is universal and can be practiced by all.

Core and stretch Strengthen your core, improve stability, and increase flexibility in this balanced class. Enjoy targeted core exercises followed by a relaxing full-body stretch, leaving you feeling stronger, more mobile, and refreshed. Suitable for all fitness levels.

Cycling Club / Leisure Cycle Ride A group ride around the local area led by Cycling Captian Simon, All abilities welcome with mechanically sound bike, helmet and appropriate clothing. Rides will be weather dependent. Are you interested in joining our cycling club? Please contact fitness@foxhills.co.uk and also bookable through our booking system.

Fitness Pilates A higher cardio Pilates class incorporating weights, to raise your heart rate and improve fitness while strenghtening and toning.

Flow Hatha Yoga This yoga moves at a slightly faster pace and poses are linked to each other in a flowing, almost dancing manner.

Freestyle Pump This toning and conditioning workout class is great for those who want to add strength training to their workout, using the music to guide your repetitions. You will leave the studio feeling strong and accomplished, with high repetitions working from head to toe!

Functional Fitness Our bespoke workout in The Box. 45 minutes working around four stations featuring all the good stuff - battle ropes, slam balls, boxing, plyometric boxes and kettlebells. The perfect class if you want to build fitness, burn calories, and sweat.

Family Functional Fitness Train with your kids in this class in our studio The Box, suitable for junior members aged 8 years and over when accompanied by an adult. A great workout for developing coordination, agility and fitness for all ages (1 adlut can accompany 2 children.)

Fundamental Yoga Practice Whether you're a practiced yogi or a complete novice, this class is the perfect back to basics practice. Learn key postures and alignment, with more opportunity to break down poses. Build your confidence and continue to learn the art of yoga.

Gentle Hatha Yoga & Stretch A gentle class which allows you to find space and enjoy poses, incorporating restorative poses and stretches.

Hatha Yoga Connect your mind and body through breathing and delve into the asana practice of yoga that will guarantee you feeling energised and stretched. This class is suitable for all levels and offers variations.

HIIT This offers the ultimate workout to kick-start your training, using a mixture of equipment and bodyweight to put you through your paces.

Intro to Pilates Whether you are brand new to pilates, or wanting to get back to it, this class is the perfect opportunity to learn about core activation, thoracic breathing and alignment. Work through the fundamental pilates moves, which will be taken further in our other pilates classes.

Jazz Dance Suitable for beginners to intermediate level dancers, you'll learn steps to build to a routine in this social dance class full of fun. Please book online under Fitness 48 hours in advance.

Low Impact Aerobics This class is for people of all fitness levels. Get your body moving in a way that will improve your overall flexibility, strength, and fitness with low impact exercises that are joint-friendly.

Low Impact Circuits Exercises are adaptable and designed to improve movement and ease of completing every day activities

Low impact functional fitness A low-impact, full-body workout designed to build strength, improve balance and increase everyday mobility. Combining functional strength exercises with gentle cardio, this class offers a joint-friendly alternative to our traditional Functional Fitness class, helping you stay strong, active and confident at your own pace.

Open Box Enjoy Some Family Training Time! Take advantage of our open space equipped with boxing gear, perfect for getting active together. Please note: This area is not supervised by a trainer, so parental supervision is required at all times.

Pilates These classes are excellent for improving posture, core strength and aligning the body correctly. Pilates also teaches coordination, concentration and control of the body.

Postnatal Pilates One of the best forms of self-care mums can do, promoting total-body alignment, better posture and enhanced awareness of your "new" post-baby body, which work hand in hand to prevent issues like lower-back pain and shoulder and neck tension. Babies welcome!

Postnatal Yoga The perfect way to prepare for birth, or rebalance your body after giving birth, helping to strengthen the pelvic floor and focus your core awareness. A great way to bring calm to the lead up or challenging new-born days. Babies welcome!

Prickle Ball Release A class to help you discover how to undo muscular restrictions, enhance Functional Movement and learn exercises that help treat Myofascial pain.

Postnatal Circuits Staying fit as a new parent can be challenging, but our 45 minute baby friendly session is the perfect way to ease back into exercise, without the pressure of finding childcare.

Rasa Yoga Fusion of both form and flow, creative patterns of movement support optimal strength, flexibility, and vitality in the body. Meditation practices cultivate a clear mind and an expansive heart.

Reformer Pilates For those looking to home in on precise core movements and benefit from resistance and feedback from our Reformer machines, this is an opportunity to take your pilates training to the next level.

Restorative Pilates The movement sequence of Restorative Pilates re-trains the fundamental movement patterns we need in our body to properly connect the diaphragm, pelvic floor, and core and ultimately help you to restore a healthier, more functional, efficient body.

Restorative Yoga A gentle, slow, and still style of yoga that involves long, passive holds through a series of 4-6 restful poses. Props are used to enhance or deepen their experience and achieve a state of total relaxation and release.

Restore & Rejuvenate Yoga This class is a slow, deep practice, focusing on the breath and the connections of the breath with the physical & subtle body. Each pose will be held for at least 1 minute to release the tension and stretch the muscles by using props such as bolsters, blankets, straps, and blocks. You will leave refreshed, restored and rejuvenated

Rhythm Cycle Get your heart rate up and burn serious calories on our Stages bikes, in this class which is all about working hard to the music!

Running Club A group run around the club grounds and woodlands, led by Running Captian Kat. All welcome - you'll be grouped with similar abilities and no one gets left behind.

Seated Pilates Modified pilates for those who are more comfortable seated. All the benefits of pilates core strengthening exercises and mobility, but using a chair to make this exercise more accessible.

Seated Yoga Yoga using a chair, for those who want to improve their flexibility, tone and breath, whilst reducing stress. In this class you will do modified twists, bends, and stretches.

Slow Flow Yoga A gentle class to allow you to find space and enjoy poses, whilst maintaining the rhythm of a flow class.

Stages Flight Cycle Great music, world-class bikes and our bespoke studio - this is the place to be for a challenging opportunity to get your heart pumping and burn serious calories. Non-impact and designed for all fitness levels, working on building cardiovascular and muscular endurance.

Virtual Stages Cycle These classes are run on screen with no instructor present. You'll follow a results driven profile on screen using the interactive display

Step and Tone Fun choreography incorporating a low step, dumbbells and great music for a whole-body workout – perfect for all fitness levels.

Strength on the gym floor This class focuses on building muscle, enhancing power, and improving overall strength through weightlifting and functional exercises.

Stretch & Relax Dedicate some much needed time to stretch, improve range and flexibility, reduce muscle and joint pain, and relax.

Stretch Yoga Traditional yoga poses combined with easy-to-follow stretches that encourage a greater range of motion, release tension and improve flexibility.

Tai Chi A method of gentle exercise, this mind, body and spirit workout improves posture and breathing, and aids better balance.

Total Body Workout A combined cardio and resistance workout that is great for buidlding strength and endurance. This class will work your whole body using dumbbells, barbells and steps.

Vinyasa Yoga One posture flows into the next using the breath, in a way that allows the movements to feel connected and thoughtful. Vinyasa generates a heat that is not often found in other practices, incorporating a cardiovascular element.

Weighted Workout This workout is great for those who love strength training in the studio. You will leave the studio feeling strong and accomplished.

Yogalates a popular hybrid group class that blends the core-strengthening techniques of Pilates with the breathwork, flexibility, and mindfulness of yoga. It provides a balanced, full-body, low-impact workout that builds deep core stability while stretching

Zumba An effective and easy-to-follow Latin inspired calorie burning dance fitness party. Zumba tones the whole body, increases your heart rate and makes you smile!