

MOOR HALL LEISURE CLUB & SPA

Class Information

Aqua	A fun water workout that improves fitness using dumbbells, woggles or mitts whilst protecting the joints.	All Levels
Fitness Pilates	Works on the deep postural muscles, rebalancing & strengthening the body. Promotes postural alignment for a longer, leaner, stronger, more toned body.	All Levels
On the Ball	A class using a stability ball that improves body and movement awareness, creating better posture and balance whilst incorporating toning.	All Levels
Freestyle Fitness Yoga	Targets flexibility, core stability and strength. It mimics yoga in its breathing and style, offering postures that endorse strength and stability.	All Levels
60 Minute Interval Training	Burn more fat in less time by adding bursts of high intensity exercise followed by low intensity recovery periods, you can significantly boost your bodies fat burning ability as well as overall health and cardiovascular fitness. Different equipment is incorporated in the class and finishes with a relaxing stretch and flexibility section.	All Levels
Aerotone	A mixture of aerobics, body conditioning, core stability and flexibility.	All Levels
Sculpt & Tone	A workout with resistance which targets the major muscle groups to tone and sculpt your body. This class incorporates body bars, resistance bands, dumbbells & stability balls.	All Levels
Functional Fitness	This is a class in which you perform tasks in training that replicate the movements found in life; improve your strength while increasing your heart rate.	All Levels
Studio Cycling	Studio Cycling is a highly effective workout which improves coordination, strength and endurance - it's an excellent calorie burner.	All Levels
30 Minute Interval Work Out	A 30 minute Interval workout is designed to target all areas of fitness in one class. The interval training format where bursts of non-choreographed aerobic activity are separated by periods of muscular strength and endurance work.	All Levels
Yogalates	Combines Yoga and Pilates to target the whole body, focusing on core strength. It mimics Yoga in its breathing and style, offering postures that endorse strength, stability and increased flexibility.	All Levels
HIIT	HIIT, or High Intensity Interval Training, is a total body, heart pumping, aerobic and strength conditioning workout. This interval based class combines full body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.	All Levels
Zumba Blast	Zumba is a combination of fitness and dance moves to a fusion of Latin and international music. The class finishes with a 10 minute intense core session followed by a relaxing stretch.	All levels
Stretch & Flex	A class to maintain and develop flexibility with relaxation to finish.	All levels
Back Care Yoga	A class to assist with spinal movement and awareness. The back maintenance exercise programme is the key to a healthy back.	All levels
Dru Yoga	Using soft flowing movements, direct breathing and visualisation, Dru yoga works on body, mind and spirit and improves strength and flexibility.	All levels

Moor Hall Drive, Four Oaks, Sutton Coldfield
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Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 - 8.00 Aqua Fit	7.30 - 8.00 Aqua Fit	7.15 - 7.45 Studio Cycling	7.30 - 8.00 Aqua Fit	8.00 - 8.30 Studio Cycling	8.00 - 8.30 Studio Cycling	
9.30 - 10.30 Fitness Pilates	9.30 - 10.30 On the Ball	9.30 - 10.30 Sculpt & Tone	9.30 - 10.30 60 Minute Interval Training	9.30 - 10.30 Aerotone		
11.00 -11.30 30 Minute Interval Work Out	11.00 -11.30 Functional Fitness	11.00 - 11.45 Fitness Pilates	11.00 -11.45 Freestyle Fitness Yoga	11.00 -11.30 Stretch, Flex & Relax	10.30 -11.30 Aerotone	10:30 -11.15 Studio Cycling
2.30 - 3.00 Aqua Fit		2.30 - 3.00 Aqua Fit		2.30 - 3.00 Aqua Fit	12.00 -1.30 Back Care Yoga	
6.15 - 7.00 Fitness Pilates	6.15 - 6.45 Studio Cycling	6.15 - 6.45 HIIT Workout	6.15 - 7.00 Studio Cycling	5.30 - 6.00 HIIT Workout		
7.15 - 8.15 Zumba Blast	7.15 - 8.15 Freestyle Fitness Yogalates	7.15 - 8.15 Sculpt & Tone	7.10 - 8.40 Dru Yoga			

Please note that classes and Instructors are subject to change at the Management's discretion



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