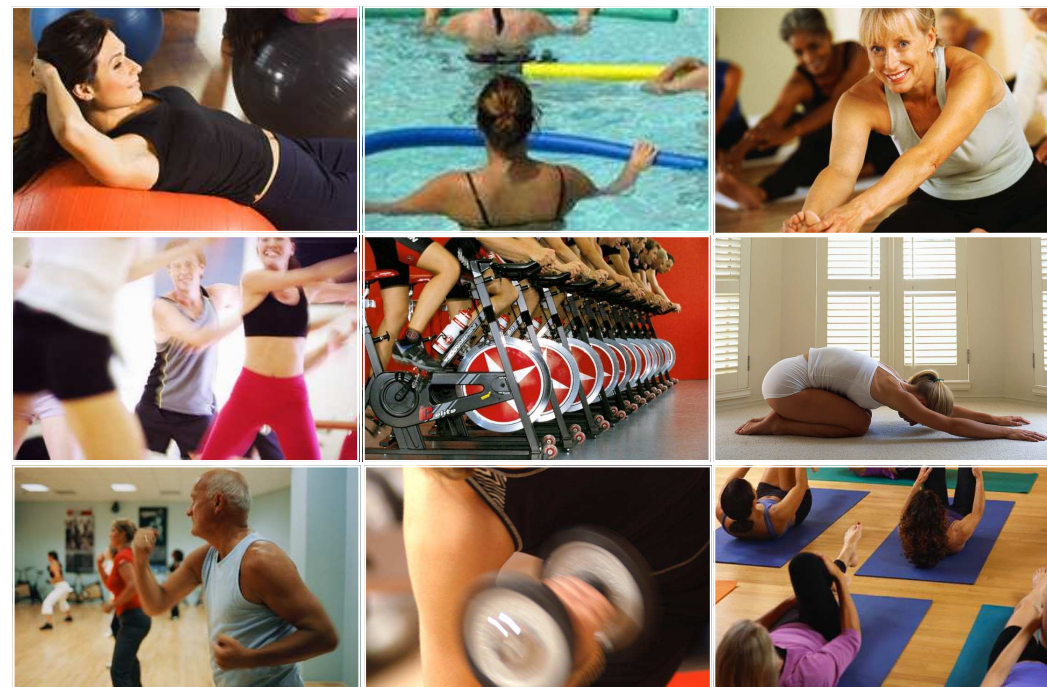


MOOR HALL LEISURE CLUB & SPA

Aqua	A fun water workout experience that improves fitness whilst protecting the joints using woggles or mitts.	All Levels
Fitness Pilates	Working on the deep postural muscles, this class offers rebalancing & strengthening of the body, promoting 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.	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
30 Minute Work Out	A 30-minute circuit class designed specifically to tone and sculpt the body - cardiovascular work involved.	All Levels
3 in 1	A mixture of body conditioning, core stability and flexibility. This class can incorporate body bars, resistance bands, dumbbells and stability balls.	All Levels
Hi /Lo Aerobics	A cardiovascular workout giving alternate Hi / Lo impact moves with a conditioning and flexibility section at the end.	All Levels
Body Conditioning	A body conditioning workout with resistance work which targets the major muscle groups to tone and sculpt your body.	All Levels
Stretch, Flex & Relax	A class to maintain and develop flexibility with a relaxation section to finish.	All Levels
Studio Cycling	Studio Cycling is a highly effective workout, which improves coordination, strength and endurance - it's an excellent calorie burner. Please book in advance.	All Levels
Super Circuits	A superior circuit class using a variety of equipment that will incorporate cardiovascular, toning, strength and endurance exercises. The ultimate workout.	All Levels
Dru Yoga	Using soft flowing movements, directed breathing and visualisation, Dru Yoga works on body, mind and spirit. It improves strength and flexibility and builds a heightened feeling of positivity, rejuvenating your whole being.	All Levels
Fit to Go	A class to maintain flexibility and to tone using resistant band and stability balls with a relaxation section to finish.	All levels



Class Timetable

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 - 8.00 Aqua	7.30 - 8.00 Aqua	7.30 - 8.00 Studio Cycling	7.30 - 8.00 Aqua	8.00 - 8.30 Studio Cycling		
9.30 - 10.30 Fitness Pilates	9.30 - 10.30 On the Ball	9.30 - 10.30 Body Conditioning	9.30 - 10.30 Super Circuits	9.30 - 10.30 3 in 1		
11.00 -11.30 30 Minute Work Out	11.00 -11.30 Fit to Go	11.00 - 11.45 Fitness Pilates	11.00 -11.45 Freestyle Fitness Yoga	11.00 -11.30 Stretch, Flex & Relax	10.30 -11.30 Hi / Lo Aerobics	12.30 - 1.00 Studio Cycling
2.30 - 3.00 Aqua		2.30 - 3.00 Aqua		2.30 - 3.00 Aqua		
6.00 - 6.45 Fitness Pilates	6.00 - 6.30 Studio Cycling	6.00 - 6.30 Studio Cycling	6.00 - 6.30 Studio Cycling			
7.00 - 8.00 Hi / Lo Aerobics	7.00 - 8.00 Freestyle Fitness Yoga	7.00 - 8.00 3 in 1	7.00 - 8.30 Dru Yoga	7.00 - 7.30 30 Minute Work Out		

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