

# Class Descriptions

## ABSOLUTE ABS

This Class will promote a lean strong and defined waistline.

## AQUA AEROBICS

This class can be challenging, working with the resistance of the water. Exercising in the water is very supportive for the joints and muscles. No impact, good for all ages and fitness levels.

## ASHTANGA YOGA

Ashtanga Yoga is a traditional yoga practice synchronising breath and movement to produce an internal heat. Great for building core strength and toning the whole body.

## BALLET BARRE

Join us at the Barre .....Arabesque with attitude Define your Derriere, Be supple, strong with our latest class. Increases flexibility strength and tone

## BALLROOM DANCING

Learn all of the popular ballroom dances and enjoy this fun workout.

## BODY POWER

You will increase Muscle Mass, improve balance and movement quality. Using your own body weight, gliding disks and body bar. A game changer for physique and wellbeing of your body.

## BROADWAY BOOGIE

High energy dance fitness workout inspired by Broadway and musical theatre from stage and screen. You can dance, sing and express yourself while working out to all of your favourite musical show tunes.

## DANCE FIT

Dance your way to a happier and healthier life. This class is infectious, fab music and some great easy to learn moves. Burn calories whilst having a ball.

## EXPRESS HOP

A 30 minute section taken from Hour of Power. An extremely effective workout. Participants will love it!

## FEEL GOOD FRIDAY

Good mixture of Waist-away Abs dance and aerobic moves. this class will give you a feel good factor, good fun class, great music and easy to follow moves.

## FIT STEPS

Fitness that is STRICTLY FUN! It's unique. It's the first time that classic Latin and Ballroom dances have been brought together with proven fitness techniques and principles to create not only a programme that can have

extraordinarily wide appeal, but one that has the potential to make a real and lasting impact on the health of the nation.

## FULL BODY WORKOUT

30 minute workout for the whole body, including standing abs and glutes, bands, weights and floor work. Fabulous music.

## GENTLE YOGA

A soft, slow paced and relaxing practice; including a range of motion exercise. This class will improve your strength, flexibility and balance.

## HATHA (YOGA)

Practice involves a series of postures. Intended to align your muscles, skin and bones. It's physical benefits can be the most immediate and obvious, but it's the mental and spiritual benefits than can transform your life.

## HIIT CARDIO

A full body workout building cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling stronger.

## HIIT CYCLING / HIIT N RIDE

HIIT workouts are becoming more widely used because you can get your heart-rate up quickly and safely and complete a workout that is as beneficial as a longer workout. HIITs are almost always made up of a short period of high-intensity activity followed by a short rest period.

## HIIT STEP

Using the principles of high intensity interval training, this class is choreographed to bespoke soundtracks created by some of the UK's top house DJ's. HIIT Step is a high energy class that pushes you to new limits, using your own body weight and a step.

## HOOR OF POWER

Imagine a class that combines the mental focus and breathing as yoga and the core muscle development of pilates. The high energy fat burning as aerobics and the muscle conditioning of resistance training. A class which will allow you to achieve a high level of total body fitness in a very short space of time.

## HOP

Three quarters of an hour of Hour of Power without the Abs section!

## LINE DANCING

Learn all the popular line dances and enjoy this fun workout. Each dance will be broken down into easy steps. So, just come along and have a fantastic time.

## METAFIT

Created by a former Royal Marine Commando. Combines traditional body weight exercises with the latest interval and tabat techniques to set the metabolism on fire. To burn fat you need to change the resting metabolism by working big muscle groups with high intensity intervals. You will burn fat for up to 24 hrs or more after this class.

## MUSCLE/STRENGTH/MOVEMENT

You will improve posture and flexibility. Moving beyond our functional range of movement to strengthen and tone, releasing restrictive tightness we encounter in our daily lives.

## PERFORMANCE CYCLING

Performance Cycling is a safe and structured indoor cycling class designed to maximise your performance.

## PILATES

Pilates classes focus on integrating the entire body rather than exercising each body part separately. As you begin to focus on your body as a whole you will achieve better alignment to re-teach your body to work more efficiently.

## PUMP & TONE

Tone and strengthen your entire body, a super low impact class with the use of hand weights and body bar. GREAT BODIES DON'T JUST HAPPEN, THEY ARE CREATED.

## PURE STRETCH

Tight, sore muscles and poor core strength can effect your whole posture. Increase your range of movement and decrease your risk of injury.

## RELAX AND UNWIND

Nourish and nurture your body/mind and dissolve stress through our relax and unwind class. Pandora's box full of health enhancing techniques, including body stretches, joint mobilisations and spinal health movements. Breathing techniques to energise and calm. You will leave this class feeling stretched, balanced, restored and uplifted.

## RESTORATIVE YOGA

A relaxing class full of gentle movement, passive postures, stretches and breathwork, designed to return the body and mind to a calmer more balanced state.

## SPINAL FLEXIBILITY

Working towards a healthy and flexible spine incorporating gentle movements to bring balance to the body.

## STEP

Intermediate step. Expands on the basic step class by incorporating harder choreography at a faster pace. Fantastic aerobic workout.

## STRONG

Fitness enthusiast? Looking for a more challenging workout? Moving in sync with the music makes you work harder. Using your own body weight you will gain muscular endurance, tone and define.

## TAI CHI

Based on the principles and the form of Tai Chi, helping to bring strength, flexibility and balance.

## VIBE CYCLE

Vibe Cycle is a great fun workout. Each participant is in control of their own resistance level. It is a fantastic way of getting fit and burning plenty of calories, fabulous music.

## VINYASA FLOW (YOGA)

A dynamic, flowing sequence of posture with a strong focus on breath and non-linear movement. Will take you on a journey inside the body and mind. This will challenge even the more advance practitioner.

## WAISTAWAY

Fantastic workout, full of energy, working waist, obliques and deep abdominal muscles. Amazing results in a short time.

## YIN YOGA

Yin is a slow meditative form of yoga that incorporates some of the principles of Chinese medicine. Instead of targeting muscles, as we do in Hatha yoga, in Yin we target the connective tissues like fascia, ligaments and bone. By holding poses for 2-5 minutes and exerting gentle pressure onto tissue, we stimulate the body's natural healing and regenerative processes. A very calming class for the mind and beneficial for the people who lead busy lives and find it difficult to relax.

## YOGA

A Spiritual and calming class will improve flexibility increase strength ...Do. Stress and lower anxiety.

# FITNESS STUDIO Schedule

## April 2022

## OPENING HOURS

6.30am - 10.00pm (Mon-Sun)

THORNTON HALL  
HOTEL & SPA  
★★★★

Thornton Hall Hotel & Spa  
Thornton Hough Wirral CH63 1JF  
T: 0151 353 0116  
E: [Ireception@thorntonhallhotel.com](mailto:Ireception@thorntonhallhotel.com)

THORNTON HALL  
HOTEL & SPA  
★★★★

If it doesn't  
**CHALLENGE YOU,**  
it doesn't  
**CHANGE YOU!**

Book classes online at [www.thorntonhallhotel.com](http://www.thorntonhallhotel.com)

Monday	Class	Level	Instructor		
7.00am - 7.45am	Performance Cycling	A	Les	●●	■
8.00am - 9.00am	Pilates	A	Diane	●●	■
9.05am - 10.00am	Hour of Power	A	Sarah	●●	■
10.05am - 10.45am	Strong	A	Sarah	●●	■
10.50am - 11.20am	Waistaway	A	Vicky	●●	■
11.25am - 12.10pm	Step	A	Vicky	●●	■
12.20pm - 1.00pm	Aqua	A	Vicky	●●	
12.20pm - 1.20pm	Pilates	A	Diane	●●	■
1.30pm - 3.00pm	Yoga	A	Carolyn	●●	■
5.00pm - 5.45pm	Performance Cycling	A	Laura	●●	■
5.55pm - 6.25pm	HIIT Cardio	A	Laura	●●	■
6.30pm - 7.00pm	Absolute Abs	A	Laura	●●	■
7.05pm - 7.45pm	Dance Fit	A	Sue	●●	■
7.50pm - 8.50pm	Pilates	A	Suzanne	●●	■

Tuesday	Class	Level	Instructor		
6.45am - 7.45am	Hatha Core Flow	A	Caroline	●●	■
8.15am - 8.45am	Performance Cycling	A	Gill	●●	■
9.10am - 9.40am	Metafit	A	Gill	●●	■
9.45am - 10.15am	Waistaway	A	Gill	●●	■
10.20am - 10.50am	Muscle/Strength & Movement	A	Gill	●●	■
11.00am - 11.30am	Express Hop	I	Grace	●●	■
11.35am - 12.40pm	Vinyasa Flow (Yoga)	I	Grace	●●	■
12.00noon - 12.45pm	Aqua	A	Vicky	●●	
12.50pm - 1.30pm	Dance Fit	A	Gemma	●●	■
1.35pm - 2.05pm	Ballet Barre	A	Gemma	●●	■
2.10pm - 3.05pm	Spinal Flexibility	A	Carolyn	○○	■
3.10pm - 4.10pm	Pilates	A	Heather	●●	■
4.30pm - 5.15pm	Vibe Cycling	A	Carla	●●	■
5.30pm - 6.00pm	Express Hop	A	Laura	●●	■
6.10pm - 6.50pm	HIIT N Ride	A	Laura	●●	■
7.00pm - 7.30pm	Pump & Tone	A	Laura	●●	■
7.40pm - 8.55pm	Restorative Yoga	A	Carolyn	○○	■

**PLEASE BOOK AT RECEPTION OR ONLINE FOR ALL CLASSES**  
 A - All Adv - Advanced B - Beginners G - Gentle I - Intermediate

Wednesday	Class	Level	Instructor		
7.00am - 7.45am	Performance Cycling	A	Graeme	●●	■
8.00am - 8.30am	Meditation	G	Ellie	○	■
8.35am - 9.05am	Pure Stretch	G	Ellie	○○	■
9.10am - 9.40am	Waistaway	A	Vicky	●●	■
9.45am - 10.35am	HOP	A	Jane	●●	■
10.40am - 11.20am	Dance Fit	A	Sarah Boyd	●●	■
11.25am - 12.25pm	Line Dancing	A	Sarah Boyd	●●	■
12.30pm - 1.30pm	Spinal Flexibility	A	Ellie	○○	■
1.45pm - 3.00pm	Yoga	A	Carolyn	○○	■
4.45pm - 5.45pm	Pilates	A	Heather	●●	■
6.00pm - 6.45pm	Performance Cycling	A	Sarah	●●	■
6.55pm - 7.25pm	Express HOP	A	Sarah	●●	■
7.30pm - 8.15pm	Step and Tone	A	Debbie	●●	■
8.30pm - 9.30pm	Yin Yoga	A	Caroline	○○	■

Thursday	Class	Level	Instructor		
6.45am - 7.45am	Vinyasa Flow (Yoga)	I	Sophie	●●	■
8.15am - 8.45am	Performance Cycling	A	Gill	●●	■
9.00am - 9.40am	Body Power	A	Gill	●●	■
9.40am - 10.10am	Express Hop	A	Gill	●●	■
10.15am - 11.00am	Spinal Flexibility	A	Bernie	○○	■
11.10am - 12.10am	Pilates	A	Heather	●●	■
12.00noon - 12.45pm	Aqua	A	Karen	●●	
12.15pm - 1.10pm	Broadway Boogie	A	Sarah Boyd	●●	■
1.20pm - 2.05pm	HIIT Cycling	A	Sarah	●●	■
2.15pm - 2.45pm	Express HOP	A	Sarah	●●	■
2.50pm - 3.20pm	Ballet Barre	A	Gemma	●●	■
3.25pm - 4.25pm	Tai Chi	A	Bernie	●●	■
5.25pm - 5.55pm	Express Hop	A	Laura	●●	■
6.00pm - 6.45pm	Pump & Tone	A	Jane	●●	■
6.50pm - 7.20pm	HIIT Step	A	Jane	●●	■
7.30pm - 8.45pm	Yoga	A	Sophie	○○	■

● Calorie Burning	■ PPL Music Licensing Law
○ Resistance	■ PPL (Original Artist)
○ Gentle	■ PPL FREE (Non-Original Artist)

Friday	Class	Level	Instructor		
7.00am - 7.45am	Performance Cycling	A	Graeme	●●	■
8.10am - 8.55am	HIIT Cycling	A	Sarah	●●	■
9.10am - 9.55am	Rock HOP	A	Jane	●●	■
10.00am - 10.30am	HIIT Step	A	Jane	●●	■
10.35am - 11.05am	Feel Good Friday	A	Grace	●●	■
11.10am - 11.50pm	Step	I	Grace	●●	■
11.55pm - 12.40pm	Vinyasa Flow	I	Grace	●●	■
12.45pm - 1.45pm	Relax & Unwind	G	Bernie	○○	■
1.50pm - 2.50pm	Gentle Yoga	G	Ellie	○○	■
3.00pm - 4.00pm	Ballroom Dancing	A	Vicky	●	■
4.05pm - 5.05pm	Beginners Ballroom	A	Steve	●	■
5.15pm - 6.00pm	Dance Fit	A	Sue	●●	■
6.00pm - 6.45pm	Aqua	A	Carrie	●●	
6.10pm - 7.10pm	Hatha Yoga	A	Caroline	○○	■

Saturday	Class	Level	Instructor		
8.00am - 8.45am	Performance Cycling	A	Conrad	●●	■
9.00am - 9.30am	Metafit	A	Gill	●●	■
9.30am - 10.30am	Hour of Power	A	Gill	●●	■
10.30am - 11.15am	Spinal Flexibility	A	Gill	○○	■
11.30am - 12.30pm	Fit Steps	A	Sarah Boyd	●●	■
12.35pm - 1.05pm	Ballet Barre	A	Sarah Boyd	●●	■
1.15pm - 2.30pm	Yoga	A	Carolyn	○○	■
3.00pm - 4.00pm	Pilates	A	Diane	●●	■
6.00pm - 7.00pm	Hatha Core Yoga	A	Jordan	○○	■

Sunday	Class	Level	Instructor		
8.00am - 8.45am	Performance Cycling	A	Laura	●●	■
9.00am - 9.30am	Metafit	A	Laura	●●	■
9.30am - 10.00am	Express Hop	A	Laura	●●	■
10.05am - 10.55am	Core Strength (Pilates Style)	A	Jordan	●●	■
11.00am - 11.45am	Waistaway	A	Debbie	●●	■
11.50am - 12.20pm	Full Body Workout	A	Debbie	●●	■
12.30pm - 1.30pm	Vinyasa Flow (Yoga)	I	Sophie	●●	■
5.00pm - 5.45pm	HIIT N Ride	A	Laura	●●	■
6.00pm - 7.15pm	Restorative Yoga	A	Ellie	○○	■

## IMPORTANT INFORMATION

The following points will enable you to get the best from your workout.

- Always wear clothes that are comfortable.
- Drink plenty of water throughout the class to avoid dehydration.
- Arrive to a class on time. (The warm up is essential)
- In the interest of hygiene, please bring your own exercise mat.
- Let the instructor know if you have any health problems or if you are new to the class.
- Bags or coats must not be brought into the studio.
- All mobile phones must be switched off before entering the studio.
- All our instructors are fully qualified. We hold all certificates which can be shown on request.
- Do not exercise if you are feeling at all unwell.
- Do not exercise if you have eaten a heavy meal in the past 1 hour or if you have been drinking alcohol.
- Remember it is always wise to consult your doctor before you take up a new exercise regime and always stop an exercise if it causes pain.
- Booking into a class is essential. This helps us to keep track of class attendance and for health and safety reasons. Book online or call.
- Please note: All new classes on this timetable are given a 14-16 week period to become established. If classes are not well attended, they will be removed.

We welcome any comments about our classes. Please feel free to speak to our Aerobics Co-ordinator or complete a comment card.

...help us to help you

Book classes online at: [thorntonhallhotel.com](http://thorntonhallhotel.com)

Please remember to cancel your booked class if you are unable to attend, therefore giving other members the opportunity to join a class.  
**This can be done online or by calling 0151 353 0116**

Please note that this timetable is subject to change. Although correct at time of print, please visit our website for up to date information.