

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.

BALLROOM DANCING

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

BARRE

Barre fitness is a super energizing whole-body workout that's great for everyone. Each class is meant to build alignment, strengthen core, tone and elongate muscles.

BODY BAR

Expect to challenge all of your major muscle groups and be provided with a full body workout. A high intensity, low imoact workout, perfect for increasing flexibility, muscular strength, posture and boosting your overall health. With the use of a weighted bar.

BODY CONTROL PILATES

Body Control Pilates is based on the work of Joseph Pilates who created a series of "Classical" exercises that built strength and balance then strength with flexibility. These exercises are broken down, targeting deep postural muscles, in order to safely and effectively move towards the more advanced exercises.

BODY POWER

This is the ultimate fitness class that combines high energy, muscular, strength, conditioning and resistance training. Prepare your body to burn lots of calories and get insanely fit.

BOXFIT CIRCUITS

BoxFit is a cardio workout based on the training used for boxing. So, it includes boxing drills, hand and feet coordination. designed to give you an all-over body workout in a safe environment. PREPARE TO SWEAT.

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.

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

LBT (LEGS, BUMS & TUMS)

Working on legs, bums and tums, everything you need for toning and shaping these areas.

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.

MINDFUL YOGA

In this class we will move you intuitively and mindfully through a series of postures. Focusing on awareness of the body and alignment whilst linking movemnet tot he breath,

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 DONT 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.

RELAXING YOGA

A style of yoga that encourages physical, mental and emotional relaxation. Appropriate for all levels.

RESTORATIVE YOGA

Is a passive, meditative form of yoga that allows you to focus on your breathing while releasing tension in your body.

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. Uisng 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.

TRADITIONAL YOGA

Yoga is an ancient practice focusing on breathing, flexibilty and strength to boost mental wellbeing. It is composed of a group of physical, mental, spiritual practices of discipline. The main components of yoga are breathing and posture (a series of movements designed to increase strength and flexibility).

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.

FITNESS STUDIO Schedule

February 2023

If it doesn't

CHALLENGE YOU,

it doesn't

CHANGE YOU!

THORNTON HALL
HOTEL & SPA
★★★★

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THORNTON HALL
HOTEL & SPA
★★★★

Book classes online at www.thorntonhallhotel.com

Monday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Les	●●■
8.00am - 8.55am	Spinal Flexibility	A	Ellie	●●■
9.00am - 9.55am	Body Power (55min)	A	Sarah	●●■
10.00am - 10.40am	Strong	A	Sarah	●●■
10.45am - 11.15am	Waistaway	A	Vicky	●●■
11.20am - 12.05pm	Step	A	Vicky	●●■
12.15pm - 1.00pm	Aqua	A	Vicky	●●
12.15pm - 1.15pm	Pilates	A	Diane	●●■
1.30pm - 3.00pm	Traditional 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	Diane	●●■

Tuesday	Class	Level	Instructor	
6.45am - 7.45am	Hatha Core Flow	A	Caroline	●●■
8.10am - 8.40am	Performance Cycling	A	Gill	●●■
8.50am - 9.20am	Metafit	A	Gill	●●■
9.20am - 10.00am	Body Bar	A	Gill	●●■
10.00am - 10.30am	Waistaway	A	Gill	●●■
10.30am - 11.00am	LBT (Legs, Burns & Tums)	A	Gill	●●■
11.05am - 11.35am	Body Power (30min)	A	Grace	●●■
11.40am - 12.40pm	Vinyasa Flow (Yoga)	I	Grace	●●■
12.00pm - 12.45pm	Aqua	A	Vicky	●●
12.45pm - 1.30pm	Dance Fit	A	Gemma	●●■
1.45pm - 2.45pm	Spinal Flexibility	A	Carolyn	○○■
3.00pm - 4.00pm	Pilates	A	Heather	●●■
4.30pm - 5.15pm	HIIT Cycling	A	Jorik	●●■
5.30pm - 6.00pm	Body Power (30mins)	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	○○■

Wednesday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Graeme	●●■
8.00am - 8.30am	Meditation	G	Ellie	○■
8.30am - 9.00am	Pure Stretch	G	Ellie	○○■
9.05am - 9.35am	Waistaway	A	Vicky	●●■
9.35am - 10.05am	Strong	A	Sarah	●●■
10.05am - 10.45am	Body Power (40min)	A	Jane	●●■
10.50am - 11.35am	Dance Fit	A	Sarah Boyd	●●■
11.35am - 12.30pm	Line Dancing	A	Sarah Boyd	●●■
12.30pm - 1.15pm	Aqua	A	Diane	●●
12.30pm - 1.25pm	Spinal Flexibility	A	Ellie	○○■
1.30pm - 3.00pm	Relaxing Yoga	A	Carolyn	○○■
4.45pm - 5.45pm	Pilates	A	Heather	●●■
6.00pm - 6.45pm	Performance Cycling	A	Sarah	●●■
6.55pm - 7.25pm	Body Power (30min)	A	Sarah	●●■
7.30pm - 8.15pm	Step	A	Debbie	●●■
8.20pm - 9.20pm	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 Bar	A	Gill	●●■
9.40am - 10.10am	Body Power (30min)	A	Gill	●●■
10.15am - 11.00am	Spinal Flexibility	A	Bernie	○○■
11.10am - 12.10pm	Pilates	A	Heather	●●■
12.00pm - 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	Body Power (30min)	A	Sarah	●●■
2.50pm - 3.20pm	Barre	A	Gemma	●●■
3.25pm - 4.25pm	Tai Chi	A	Bernie	●●■
5.25pm - 5.55pm	HIIT Cardio	A	Laura	●●■
6.00pm - 6.45pm	Pump & Tone	A	Jane	●●■
6.50pm - 7.20pm	HIIT Step	A	Jane	●●■
7.30pm - 8.45pm	Mindful Yoga	A	Sophie	○○■

Friday	Class	Level	Instructor	
7.00am - 7.45am	Performance Cycling	A	Graeme	●●■
8.10am - 8.55am	HIIT Cycling	A	Sarah	●●■
9.10am - 9.45am	Body Power (35min)	A	Jane	●●■
9.50am - 10.30am	HIIT Step	A	Jane	●●■
10.35am - 11.15am	Feel Good Friday	A	Grace	●●■
11.15am - 11.55pm	Step	A	Grace	●●■
12.00pm - 12.45pm	Vinyasa Flow (Yoga)	I	Grace	●●■
12.50pm - 1.50pm	Pilates	A	Diane	○○■
1.55pm - 2.55pm	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	Jorik	●●
6.10pm - 7.10pm	Hatha Yoga	A	Caroline	○○■
7.15pm - 8.15pm	Body Control Pilates	A	Hannah	○○■

Saturday	Class	Level	Instructor	
8.00am - 8.45am	Performance Cycling	A	Conrad	●●■
9.00am - 9.30am	Metafit	A	Gill	●●■
9.30am - 10.30am	Body Power (60min)	A	Gill	●●■
10.30am - 11.15am	Spinal Flexibility	A	Gill	○○■
11.20am - 12.20pm	Fit Steps	A	Sarah Boyd	●●■
12.30pm - 1.00pm	Barre	A	Sarah Boyd	●●■
1.05pm - 2.15pm	Gentle Yoga	G	Carolyn	○○■
2.30pm - 3.30pm	Pilates	A	Diane	●●■
3.45pm - 4.45pm	Vinyasa Flow (Yoga)	I/A	Paul	●●■

Sunday	Class	Level	Instructor	
8.00am - 8.45am	Performance Cycling	A	Laura	●●■
8.55am - 9.55am	BoxFit Circuits	A	Laura & Andy	●●■
10.05am - 10.55am	Core Strength	A	Laura	●●■
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	●●■

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

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

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, Jacqui Alcock.

...help us to help you

Book classes online at: 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.