

# Fitness Classes

29th September - 21st December 2025

Our current timetable is also available to download from our website [www.donnington.co](http://www.donnington.co).

Book your classes up to 7 days in advance online or with Health Club Reception

All classes are £5 per class or 10 classes for £40 with a class passport.

All classes are included in a gold membership.

MON	Body Toning 07.00 – 07.45 RADKA	Supple Strength 08.30 – 09.15 LUKE	Aqua Aerobics 09.00 – 09.45 SARAH	Aerobics 09.30 – 10.30 DAWN	Yoga 10.45 – 12.00 HELEN	Aqua Aerobics 17.30 – 18.15 SARAH	Body Pump 18.25 – 19.10 SARAH	Fitness Pilates 19.15 – 20.00 KATHRYN
TUES	Body Pump 09.30 – 10.15 AISHA	Aqua Aerobics 09.30 – 10.15 DAWN	Pilates 10.30 – 11.30 TRISH	★		Body Pump 11.45 – 12.30 BECKY	Legs, Bums & Tums 18.00 – 18.45 BECKY	Yoga 19.00 – 20.00 RENU
WEDS	Aerobics 09.00 – 09.45 MOLLY	Beginners Pilates 10.00 – 11.00 SARAH	Low Impact Aerobics 11.45 – 12.30 MOLLY	Pilates 12.45 – 13.30 TRISH	Abs Blast 17.30 – 18.00 RADKA	Aqua Aerobics 17.30 – 18.15 SARAH	Rhythmic Pilates 18.05 – 19.05 RADKA	Studio Cycling 19.15 – 20.00 JAMES
THURS	Aqua Aerobics 09.00 – 09.45 SARAH	Body Pump 09.30 – 10.15 BECKY	Yoga 10.45 – 12.00 HELEN	Pilates 12.15 – 13.15 TRISH	Supple Strength 17.00 – 17.45 LUKE	Body Toning 18.00 – 18.45 RADKA	Pilates 19.00 – 19.45 SARAH	
FRI	Circuits 07.00 – 07.45 JAMES		Aerobics 09.30 – 10.30 DAWN		Beginners Yoga 10.45 – 11.45 RENU		Pilates 12.00 – 13.00 MAGEE ★	
SAT	Body Pump 08.30 – 09.15 EMMA	Studio Cycling 09.30 – 10.15 JAMES/RADKA	Abs Blast 10.30 – 11.00 JAMES/RADKA		★			
SUN	Yoga 10.00 – 11.00 RENU/CAROL							

# Fitness Classes

**Timetable runs from 29th September – 21st December 2025**

Please book your classes up to 7 days in advance using your personal online booking link which you will have received by email. If you need a reminder of your link or would like to book by telephone please contact Health Club reception on 01635 551188.



## Class descriptions

**Abs Blast:** A class aimed at giving you an intense workout to strengthen the core, abdominal and lower back muscles.

**Aerobics:** A dynamic, aerobically choreographed class designed to burn calories and improve your fitness levels.

**Aqua Aerobics:** This class is a non-impact, high intensity workout that combines cardiovascular and conditioning exercises. All levels of fitness are welcome.

**Beginners Pilates:** This class is designed for beginners and those who are new to Pilates, helping increase strength and flexibility for a better posture.

**Beginners Yoga:** Designed for those who wish to start off on the basics, to enjoy and ease their way through a Yoga session.

**Body Pump:** A class that will sculpt, tone and strengthen your entire body. Focusing on low weight and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle.

**Body Toning:** This class incorporates cardio, endurance and resistance training to give you a full body workout.

**Circuits:** This is a multi stationed group exercise class designed to work on all the basic elements of fitness – strength, stamina and flexibility.

**Fitness Pilates:** Pilates with added intensity! Good for strengthening the core and combines functional fitness variations of the traditional Pilates movements.

**Legs, Bums & Tums:** Our Legs, Bums and Tums class is a great workout that helps tone and shape your lower body, burn fat, improve flexibility, as well as improving your general fitness.

**Pilates:** A class that helps to increase strength and flexibility. It promotes the body to have better posture and move in a more efficient way.

**Rhythmic Pilates:** This class expands on the traditional Pilates method by incorporating balance and Yoga style movements to create routines choreographed to music.

**Studio Cycling:** Our instructor simulates a bicycle ride travelling on flat roads, climbing hills, sprinting and racing. This is a fantastic, high-intensity, calorie burning workout.

**Supple Strength:** Supple Strength incorporates elements of Yoga, Pilates and Body Conditioning to create a holistic workout. This class will help improve strength, flexibility and posture.

**Yoga:** A class for all abilities. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, Yoga becomes more of a mind set and a way of living.