

# FITNESS CLASSES

**Timetable runs from 30th June – 28th September 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 class 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.

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**30th June - 28th September 2025**

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

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