Class Timetable:

28TH SEPTEMBER – 20TH DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Toning 07.00 - 07.45 : RADKA	Bodypump™ 09.30 - 10.15 : AISHA	Aerobics 09.00 - 09.45 : MOLLY	Aqua Aerobics 09.00 - 09.45 : SARAH	Bodypump™ 07.00 - 07.45 : MARTINA	Bodypump™ 08.30 - 09.15 : EMMA	Supple Strength 17.00 - 17.45 : LUKE
Supple Strength 08.30 - 09.15 : LUKE	Aqua Aerobics 09.30 - 10.15 : DAWN	Beginners Pilates 10.00 - 11.00 : SARAH	Bodypump™ 09.30 - 10.15 : BECKY	Circuits 08.30 - 09.15 : JAMES	Studio Cycling 09.30 - 10.15 : D&CO INSTRUCTOR	
Aqua Aerobics 09.00 - 09.45: SARAH	Pilates 10.30 - 11.30 : TRISH	Low Impact Aerobics 11.45 - 12.30 : MOLLY	Yoga 10:45 - 12.00 : HELEN	Aerobics 09.30 - 10.30 : DAWN		
Aerobics 09.30 - 10.30: DAWN	Bodypump™ 11.45 - 12.30 : BECKY	Pilates 12.45 - 13.30 : TRISH	Pilates 12.15 - 13.15 : TRISH	Bodypump™ 10.45 - 11.30 : EMMA		
Yoga 10.45 - 12.00 : HELEN	Studio Cycling 17.00 - 17.45 : GREG/JAMES	Abs Blast 17.30 - 18.00 : JAMES	Zumba 13.30 - 14.15 : BEEJACKS	Pilates 12.00 - 13.00 : MAGEE		
Low Impact Aerobics 13.45 - 14.30 : BEEJACKS	Body Toning 18.00 - 18.45 : BECKY	Aqua Aerobics 17.30 - 18.15 : SARAH	Supple Strength 16.00 - 16.45 : LUKE	Studio Cycling 17.45 - 18.30 : GREG		
Beginners Pilates 16.00 - 17.00 : SARAH	Yoga 19.00 - 20.00 : CHARLOTTE	Rhythmic Pilates 18.05 - 19.05 : RADKA	Body Toning 18.00 - 18.45 : RADKA			
Aqua Aerobics 17.30 - 18.15 : SARAH		Studio Cycling 19.15 - 20.00 : JAMES	Beginners Pilates 19.00 - 19.45 : SARAH			
Bodypump™ 18.25 - 19.10 : SARAH						
Fitness Pilates 19.15 - 20.00 : KATHRYN						

Our current timetable is also available to download from our website www.donnington.co.

Book your classes up to 8 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.

Class exclusively for Gold members

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Please book your classes up to 8 days in advance. Gold members can book classes 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.

Bodypump™: 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: A full-body workout designed to improve muscle tone, strength, endurance and overall fitness.

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.

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.

Zumba: Zumba is a dance-based fitness class featuring upbeat Latin and international rhythms to create a fun, full-body workout.