



RETALLACK HEALTH CLUB

INSTRUCTORS COLOUR KEY

■ Kieran	■ Nikki	■ Sarah	■ Kate
■ George	■ Nicky B	■ Ellen	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 7:45 Studio 2 Boot Camp	8:00 – 8:45 Studio 2 Spinning	7:00 – 8:00 Studio 2 Yoga	8:50 – 9:20 Studio 2 Legs, Bums & Tums	7:00 – 7:45 Studio 2 Bootcamp	8:45 – 9:30 Studio 2 Core Conditioning	
9:30 – 10:15 Studio 2 Legs, Bums & Tums	9:30 – 10:15 Studio 2 low Impact Aerobics	8:30 – 9:00 Studio 2 Express Spinning	9:30 – 10:15 Studio 2 Fit Ball Toning	9:30 – 10:15 Studio 2 Spinning	9:30 – 10:15 Studio 2 Spinning	9:30 – 10:15 Studio 2 Bag Blast
	10:15 – 11:00 Studio 2 Slimming Club	9:30 – 10:15 Studio 2 Total Body Toning	09:30 – 10:15 Reception Baby Buggy Bootcamp*	9:30 – 10:15 Studio 1 Low Impact Aerobics		10:30 – 11:15 Studio 2 Spinning
	10:45 – 11:45 Studio 2 Yoga	11:15 – 11:45 Studio 2 Fit Ball Toning	10:30 – 11:15 Studio 2 Step N Tone	10:30 – 12:00 Studio 2 Twinkle Tots*		
		12:00 – 12:45 Studio 2 Total Toning		10:15 – 11:00 Studio 2 Shape Up Slim Down		15:00 – 16:00 Studio 2 Group Personal Training
18:00 – 18:45 Studio 2 Spinning	17:45 – 18:30 Studio 2 Circuit Training	18:00 – 18:45 Studio 2 Bag Blast	17:30 – 18:00 Studio 2 Core Conditioning			
19:00 – 19:30 Studio 2 Total Toning	18:30 – 19:15 Studio 2 Legs Bums & Tums		18:00 – 19:00 Studio 1 Strength Conditioning			
19:30 – 20:00 Studio 2 Ab Attack	19:15 – 20:00 Studio 2 Shape Up Slim Down	19:00 – 19:45 Studio 2 Spinning	19:00 – 19:45 Studio 2 Slimming Club	18:00 – 18:45 Studio 2 Core Spin		18:00 – 18:30 Studio 2 Spinning

* Classes not included in the full or term-time only membership



RETALLACK HEALTH CLUB

BOOTCAMP

Increase your metabolism and boost your fitness levels with this all over workout. Complete a structured and varied set of timed exercises all designed to maximise your workout and help you achieve your fitness goals.

AQUA AEROBICS

A fun class and a great way for toning the whole body without putting pressure on the joints. Low Impact

SPINNING

Spin classes are a brilliant cardio workout and will really work on your lower body for lean legs and a strong core. It's one of the best classes for smashing through those calories and stripping fat.

BAG BLAST

An effective workout for all fitness levels that includes boxing combinations, pad work and bag work.

SLIMMING CLUB

Our brand new Slimming Club starts in January and is FREE for all members!

A twice weekly support group to help you learn about nutrition and take control of your daily diet with advice and weight loss techniques.

Run by highly qualified nutritional therapists and health & exercise professionals, we'll use advanced weighing & measuring techniques to help you track your progress and reach your weight and health goals.

TOTAL BODY TONING

A full body workout that includes a mixture of cardio and weight training suitable for all levels

LEGS BUMS & TUMS

A conditioning class focusing on re-shaping the lower body. This is a low impact class, with an element of cardiovascular work and suitable for all levels of fitness.

VIRTUAL SPINNING

Virtual spin is a cycling class that takes you on a virtual tour around the world

FITBALL

Our fitball class is a great way to improve balance and posture

CORE CONDITIONING

A challenging class that works to tone and condition all major muscles of the torso, especially the abdominal and back muscles.

SHAPE UP SLIM DOWN

A class to tone the body and burn fat! Starting with a cardio based workout to increase the heart rate and then moving on the toning exercises using body resistance and weights.

LOW IMPACT AEROBICS

A low intensity aerobics class to music. Suitable for all levels of fitness.

BOOKING PROCEDURES

All classes can be booked by calling 01637 882400 or by visiting the main reception. Please arrive on time for your class, late arrival may result in your place being given to another member

Classes are subject to change Retallack Resort and Spa reserves the right to cancel or change classes and instructors without notice

Members can book up to a week in advance non members can book up to 3 days in advance. Please ensure you wear the appropriate clothing and footwear

Retallack Health Club, Winnards Perch, St Columb Major, TR9 6DE

Call 01637 882420 or email healthclub@retallackresort.com

www.retallackresort.co.uk