

Dear All

Next week we will have an Extra Large Get Well Card in reception for anyone to sign who would like to.

Most classes will be held in the hotel Long Room. Current Instructor Hours at the London Beach:

Noami will be on site:

Monday 12pm—8pm

Wednesday 12pm—8pm

Alternates Fridays and Saturdays

Friday: 12pm—8pm

Saturday: 8am—4pm

Emma will be on site

Monday: 8AM—1PM

Tuesday: 3pm—8PM

Friday: 8am—1PM

Liz Smith will be covering Spin sessions on Monday 6pm and Tuesday 8:30am for the next few weeks while we look for another instructor.

Currently Insanity and Kinesis will not be available for the time being. Two new Body Conditioning classes have been added. Thursday Spin Class is currently unavailable, a new Spin class has been added to Tuesday evenings.

Thank-you for your patience

Camilla Edmonds

London Beach Health Club Manager

# Class Times January 2022 @lbhealthclub

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	Spin (8:30)	Spin (8:30)			Spin (8:30)	Circuits (8:30)
9:30	Body Conditioning (9:30)	Tai Chi (9:30—11:00) Mixed Ability			Body Conditioning (9:30)	
10:30			Pilates (10:30)			
	Pilates (13:30)		Pilates (11:30)			
	Spin (18:00)	Spin (18:00)	LBT (18:00)			
		Yoga (19:00)				
Instructor Available	8AM—8PM	3PM—8PM	1PM—8PM		Hours Vary	Hours Vary

## Fitness Classes

### Classes By External Instructors

**Aqua Aerobics (£3):** Currently Unavailable

**Pilates (£25):** Total core stability workout. Excellent for building core strength. Course £25, Single session £5. Mat Needed.

**Tai Chi (£5 or £25):** Slow meditative exercise for relaxation balance and health. Beginner Tai Chi 1hour, Intermediate 1 1/2 hours.

### Following Classes are Free

**Body Conditioning:** Class focuses on strengthening and toning all areas of the body, includes high or low impact workout options

**Circuits:** High intensity cardio and strength work out. Currently Alternate Saturdays.

**Spin:** Cardio-vascular based group cycling experience.

**LBT:** Legs, Bums & Tums. **New** Low impact music based toning exercise class with Core, Floor and More. Requires Mat.

**Yoga:** Vinyasa (Flow) Yoga, focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Mat Needed.

If you have a pre-existing condition or injury it is always recommended that you speak to your doctor before starting a new class.

\* During Aqua Aerobics the main pool is closed to anyone not participating in the Class

### Classes Bookings

Arrive early for classes

All classes **MUST** be booked at reception.

Minimum numbers required.

### Induction/Review/Health Check Bookings :

All appointments **MUST** be booked at reception.

Allow approx. 1 hour for all appointments

**To book please call 01580 767611**