

Booking Procedures for Members and Guests

Members can book classes, from 08:30am, up to seven days in advance either in person or via telephone. We shall no longer accept class bookings earlier.

Non members: Due to the popularity of our classes amongst members, we no longer take any non-members class bookings.

Members can only book one other member into classes, other than themselves. Members can book themselves into more than one class within a seven day period.

ARRIVAL AT RECEPTION FOR CLASSES

Please notify reception that you are booked on to a particular class. You do not need to swipe your card if attending a class.

CANCELLATION OF CLASSES

If you can not attend a class you have already booked, please inform the club reception as soon as possible as we regularly have people on the waiting lists. Any member, who cancels on the day of the booked class, for what ever reason, can not be booked onto the following week's class until the cancelled class has finished.

Please be fair to other members

Please Note

Any changes to the class timetable shall be placed on the studio notice board. Do please check on a regular basis.

Contact Details:

Crown Spa Health Club
The Crown Spa Hotel
Esplanade, Scarborough,
YO11 2AG



01723 357480

www.CrownSpa.co.uk

CLASS DESCRIPTIONS

AB BLAST this class will have you realising that your core muscles exist and that they were born to workout! Plenty of twisting whilst not forgetting the lower back and helping core strength.

AEROBICS a fun energetic aerobic workout for mixed abilities, maximising in fat burning and improving cardiovascular fitness.

AQUA CIRCUITS is traditional circuit training with a splash, using your own body weight and simple equipment and water to provide resistance.

AQUAFIT is one of the best forms of low impact exercise due to the buoyancy and resistance of the water. The main aims of aquafit are to tone the body, improve cardiovascular capacity and to HAVE FUN in a safe environment.

BODYBALANCE is the Yoga, T'ai Chi and Pilates workout that leaves you feeling long, strong, centred and calm. It's your personal 'time out' from the stress and strains of daily life— a 55 minute group fitness class that enhances your physical and mental well-being.

BODYPUMP it's the fastest way to shape up and lose body fat. BODYPUMP is toning and conditioning class with weights and is for just about everybody. It's perfect for both men and women who want to add strength training into their aerobic workout. Hot sounds and compelling choreography keep you going through each workout.

PILATES this class is aimed at all levels and is an invigorating workout for both mind and body.

POWER YOGA is an energetic and dynamic workout designed improve strength, flexibility and overall fitness. It focuses on linking using the breath to create heat in the body in order to lengthen and tone the muscles. This class is aimed at all levels.

RPM set to the latest chart topping tunes, athletic cardiovascular cycling workout that guarantees to leave you wanting more. A prolific calorie guzzler, RPM burns fat fast. It is also murder on the butt and thighs, so not only will you feel great but you will look amazing.

Don't delay, ride the calorie killer now...but be warned, it's addictive!

RUNNING CLUB improve your stamina & fitness whilst socialising, for all levels and abilities; get involved today!

SPINNING join other members on the indoor cycles for a highly motivating workout. It's one of the most effective calorie burning classes that doesn't involve any routine.

T'AI CH'I CH'UAN the slow and fluid movements of t'ai ch'i ch'uan require concentration, control, co-ordination and balance, as well as improving breathing and flexibility. This combination of mental and physical activity works to harmonise the mind, body and spirit and promotes feelings of well-being.

TUMMY TONER/ ABS 'n' TONE these classes are ideal for building and defining the core muscles! Develop and strengthen your tummy and lower back.

YOGA consists of exercises that stimulate, relax and revitalise the mind and body. Hatha Yoga is a more gentle form of yoga consisting of stretches and meditation.

5 TOP TIPS TO ENJOY YOUR CLASS

1. Ensure you have water and a towel
2. Warm up for 5 minutes before your class
3. Introduce yourself to the instructor
4. For the ladies, wear a sports bra
5. Wear comfortable clothes and appropriate footwear

Late Arrivals To Classes

Once the class has started, late arrivals shall not be admitted to the class. Any place spare at the start of the class shall be offered to someone who is waiting.

* Please note members are only allowed to book one Aerobics class on Thursday. Members are welcome to participate in both classes if there is availability on the day.

Monday

10:30—11:30	AEROBICS	Steph
10:30—11:15	AQUAFIT	Kyle
18:00— 18:45	RPM	Stuart
18:30— 19:15	AQUAFIT	Steph
19:00— 20:00	BODYPUMP	Sue
20:05— 21:00	BODYBALANCE	Sue

Tuesday

10:30—11:15	ABS 'n' TONE	Dawn
10:30—11:15	AQUAFIT	Kyle
18:00— 18:30	AB BLAST	Pete
18:30—19:45	RUNNING CLUB	Andy
18:35— 19:30	BODYBALANCE	Sue
19:30— 20:30	AEROBICS	Steph

Wednesday

10:00— 11:00	PILATES	Caroline
11:00— 12:00	PILATES	Caroline
18:00—18.45	RPM	Stuart
19:00— 20:00	BODYPUMP	Steph
20:00— 21:00	PILATES	Caroline

Thursday

09:30— 10:30	AEROBICS*	Caroline
10:30—12:00	YOGA	Sarah
10:30— 11:15	AQUAFIT	Caroline
17:30— 18:00	TUMMY TONER	Steph
18:00— 19:00	AEROBICS*	Caroline
18:30— 19:15	AQUA CIRCUITS	Dawn
19:00— 20:00	POWER YOGA	Caroline

Friday

10:30— 12:00	TAI CHI	Angie
13:30— 14.15	AQUA CIRCUITS	Caroline
18:00— 19:00	RPM	Stuart

Saturday

10:00 - 11.00	BODYPUMP	Sue / Steph
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