

PRICELIST

Members (inclusive)

Residents £ 5.00

Non-Members £ 7.50

Non-Member Loyalty Card: Buy 9 classes get the 10th FREE

Members can book at Leisure reception, by telephone or by email 7 days in advance of each class.

Non-members can book at Leisure reception or by telephone 5 days in advance of each class.

All classes must be paid for at Leisure reception prior to the class. A token will then be issued that must be given to your instructor before the class commences.

THE HEALTH & FITNESS CLUB
at Bedford Lodge Hotel & Spa

01638 666075

Bury Road, Newmarket, Suffolk CB8 7BX

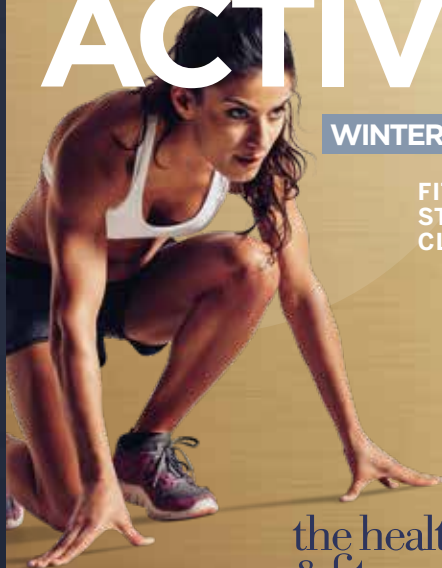
fitness@bedfordlodgehotel.co.uk

WWW.BEDFORDLODGEHOTEL.CO.UK

GET ACTIVE

WINTER 2018-19

FITNESS
STUDIO
CLASSES



the health
& fitness club
BEDFORD LODGE HOTEL

FITNESS STUDIO CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6.45 - 7.30am Insanity	7.00 - 8.00am Beginners Yoga	6.45 - 7.30am Studio Cycle		
		8.00 - 9.00am Beginners Pilates			8.15 - 9.15am Trigger Point Pilates
9.30 - 10.15am Tone & Stretch	9.15 - 10.15am Pilates		9.00 - 10.00am Pilates	9.00 - 9.45am Insanity	9.30 - 10.30am Studio Cycle
10.45 - 11.30am Brain Fit	10.30 - 11.20am Aqua Aerobics	10.30 - 11.30am Yoga	10.30 - 11.20am Aqua Aerobics		
11.40 - 12.40pm Boxercise	10.30 - 11.30am Fitness Yoga				
	12.30 - 1.15pm Dance Fit	12.30 - 1.30pm Legs, Bums and Tums			
5.15 - 6.00pm P90X		5.00 - 5.45pm Barre Strength	5.10 - 5.55pm Dance Fit	5.45 - 6.30pm Sleep Yoga	
6.00 - 6.55pm Pilates	6.00 - 7.00pm Power Pilates*	6.00 - 6.45pm Boxercise	6.00 - 6.45pm Broga		
7.00 - 7.45pm Studio Cycle	7.10 - 8.10pm Pilates	7.00 - 8.00pm Pilates	7.00 - 8.00pm Studio Cycle		



Cardio and Calorie Burning
Classes meant to raise your heart rate and burn calories.



Toning
Classes that work specific muscle groups to improve fitness.



Relaxation and Meditation
Lower intensity classes that realign body and mind.

* Members only

Timetables will be reviewed periodically and classes may be subject to change without notice.

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