



HERB HOUSE at Lime Wood
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Autumn and Winter Class Schedule

<p>10am – 11.30am 11.30am – 12.15pm 2pm – 3pm 6pm – 6.45pm 7pm – 7.45pm</p>	<p>MONDAY Revitalising Yoga Aqua Fitness Forest Cycling Core Balance Kettlebells</p>
<p>10am – 11am 11.15am – 12pm 2pm – 2.45pm 5.30pm – 6.30pm 6.30pm – 8pm</p>	<p>TUESDAY Zumba Cardio Circuits Core Balance Pilates (Beginners/Intermediate) Beginners Yoga</p>
<p>7.30am – 8.15am 10am – 10.45am 11am – 12pm 6pm – 7pm 7.15pm – 8pm</p>	<p>WEDNESDAY Core Balance KettleBells Power Yoga Step Tone Combat Circuits</p>
<p>7.30am – 8.30am 10am – 10.45am 11.45am – 12.45pm 2pm – 2.45pm 5.30pm – 6.30pm 7pm – 8pm</p>	<p>THURSDAY Herb House Runners Club Aqua Fitness Pilates (Intermediate/Advance) Stretch and Relax Pilates (Beginners/Intermediate) Zumba</p>
<p>7.30am – 8.15am 10am – 11am 2pm – 2.45pm 6pm – 6.45pm 7pm – 7.45pm</p>	<p>FRIDAY Kettlebells Pilates Stretch and Relax Cardio Circuits Core Balance</p>
<p>8.30am – 9.15am 9.30am – 11am 11.15am – 12.15pm 2pm – 3pm 3.15pm – 4pm</p>	<p>SATURDAY Plyometric Circuits Traditional Yoga Tai chi Qi Gong Forest Power Walk & Stretch Kettlebells</p>
<p>8.30am – 9.30am 10.30am – 11.15am 2pm – 2.45pm 3pm – 4pm 6pm – 6.45pm</p>	<p>SUNDAY Herb House Runners Club Aqua Fitness Stretch and Relax Tai chi Qi Gong Core Balance</p>

PLEASE SEE FITNESS BOARD FOR EXPLANATIONS.

Classes and Instructors are subject to change without notice. Please consult your physician before any exercise programme. Please inform your Instructor of your limitations before taking part in classes.

Studio, Wellness, Outdoor and Pool Programme

AQUA FITNESS - Using resistance of the water, the body's muscles can be worked more efficiently with benefits of low impact on joints.

BEGINNERS YOGA - A gentle introduction to Yoga's basic postures and approaches to breathing.

CARDIO CIRCUITS - Adrenaline fuelled explosive cardio workout.

COMBAT CIRCUITS - Combat infused with pulse raising circuit training.

CORE BALANCE - This class will take you through upper and lower body exercises and, whilst continually using your core to stabilise you, will gain strength in your postural muscles.

FOREST POWER WALK & STRETCH - Off the treadmill into the forest.

HERB HOUSE RUNNING CLUB - All abilities welcome. Improve your stamina and endurance in the stunning surroundings of the forest.

KETTLE BELLS - The dynamic, sometimes ballistic movements will get your heart rate up, challenge every muscle in your entire body and is different from any other routine.

PILATES - An exercise method designed to elongate and reintroduce your body's postural alignment. Improve balance, coordination and build strong tension free muscles.

PLYOMETRIC CIRCUITS - Best resistance is your own body weight.

POWER YOGA - A challenging form of Yoga that requires previous experience of Yoga and a degree of fitness. The asana positions are flowing and are drawn from a more demanding range of postures.

REVITALISING YOGA - Appropriate for all levels of Yoga ability, right up to the most advanced. This class takes you through a flowing series of postures, harnessing the healing power of the mind.

STEP TONE - High intensity complete workout using cardio and strength to tone your entire body.

STRETCH AND RELAX - You will learn to stretch and lengthen muscles through functional movement which you can apply every day, leaving your muscles open, active and relaxed.

TAI CHI QI GONG - This class encompasses still and flowing movement sequences, breathing and meditation. Qi Gong is not about adding years to your life but adding life to your years.

TRADITIONAL YOGA - Based on the 12 most important postures, this class will strengthen your understanding of each asana.

ZUMBA - A compilation of dance styles are fused together to present you with toe tapping, high calorie burning, hip shaking aerobic routines.