



Autumn/Winter  
Fitness Schedule  
2018

HERB HOUSE at Lime Wood  
Beaulieu Rd, Lyndhurst, Hampshire SO437FZ  
Telephone 023 8028 6998 Reservations 023 8028 6999  
Email info@herbhousespa.co.uk  
Web www.limewood.co.uk

<b>Monday</b>	7:05am - 7:50am	Spin	Studio	High
	9:30am - 10:15am	Met-Con	Studio	High
	10:30am - 12:00pm	Revitalising Yoga	Studio	Low
	10:45am - 11:30am	Aqua Fitness	Pool	Low/Medium
	12:15pm - 1:15pm	Inspirational Yoga	Studio	Low
	2:00pm-3:00pm	Beginners Aerial Yoga	Gym	Medium
	2:30pm - 3:15pm	Spin	Studio	High
	3:00pm-4:00pm	Improvers Aerial Yoga	Gym	High
	4:30pm-5:30pm	Barre Pilates	Studio	Medium/High
	6:15pm-7:15pm	Pilates	Studio	Medium
	6:15pm-7:00pm	Circuits	Gym	High
<b>Tuesday</b>	7:05am - 8:05am	Revive Yoga	Studio	Medium /High
	7:30am:8:15am	Body Weight Circuits	Gym	Medium/High
	8:05am- 9:05am	Core Yoga	Studio	Medium/High
	9:15am-10:00am	HIIT	Gym	High
	9:20am - 10:20am	Pilates	Studio	Medium
	10:15am-11:00am	Aqua Box	Pool	High
	11:30am - 12:30pm	Pilates	Studio	Medium
	12:45pm - 1:45pm	Body Sculpt	Studio	High
	2:30-pm-3:30pm	Mindful Movement	Studio	Low
	4:30pm - 5:45pm	Yoga Therapy - Members only	Studio	Medium
	6:00pm - 7:30pm	Revitalising Yoga	Studio	Low
	6:30pm-7:15pm	Aqua HIIT	Pool	High
<b>Wednesday</b>	7:05am - 7:50am	Met-Con	Studio	High
	9:00am-9:45am	Barre Pilates	Studio	High
	9:15am-9.45am	HIIT	Gym	High
	10:00am - 10:45am	Kettlebells	Studio	Medium
	11:00am - 12:00pm	Power Yoga - Members only	Studio	High
	12:00pm - 13:00pm	Power Yoga	Studio	High
	13.00pm-13.45pm	Yoga Therapy - Members only	Studio	Medium
	2:00pm - 3:00pm	Beginners Aerial Yoga	Gym	Medium
	2:00pm - 2:45pm	Lower Body Workout	Studio	Medium/High
	3:00pm-4:00pm	Dance Fit	Studio	Medium/High
	3:00pm - 4:00pm	Improvers Aerial Yoga	Gym	High
	4:15pm-5.15pm	Dance Fit	Studio	Medium/High
	6:15pm - 7:00pm	Kettlebells	Studio	High
<b>Thursday</b>	7:05am - 7:50am	Suspension Training	Gym	Medium/High
	9:00am - 10:00am	Box Fit	Studio	High
	10:15am - 11:00am	Aqua Fitness	Pool	Low/Medium
	10:40am - 11:40pm	Advanced Pilates	Studio	Medium
	11:45am - 12:45pm	Pilates	Studio	Low/Medium
	1:30pm-2:30pm	Dance Fit	Studio	Medium/High
	2:45pm - 3:45pm	Meditation in Movement	Studio	Low
	4:00pm-5:00pm	Vinyasa Flow Yoga	Studio	Medium/High
	6:15pm- 7:00pm	HIIT	Studio	High
	7:20pm-8:00pm	Core	Studio	Low
<b>Friday</b>	7:05am - 7:50am	Spin	Studio	High
	9:15am - 10:15am	Combat Fit	Studio	High
	10:30am - 11:30am	Fitness Pilates	Studio	High
	11:35am - 12:35pm	Beginner/Improvers Pilates	Studio	Low/Medium
	2:00pm - 3:00pm	Body Sculpt	Studio	High
	3:15pm - 4:15pm	Vinyasa Flow Yoga	Studio	Medium/High
	3:30pm-4:30pm	Beginners Aerial Yoga	Gym	Medium
	4:30pm-5:30pm	Improvers Aerial Yoga	Gym	High
	5:30pm-6:15pm	Spin	Studio	High
	6:30pm - 7:15pm	Body Weight Circuits	Studio	High
<b>Saturday</b>	8:15am - 9:00am	Met-Con	Gym	High
	8:15am - 9:15am	Morning Yoga	Studio	Low
	9:15am-10:00am	HIIT	Gym	High
	9:15am - 10:45am	Traditional Yoga - Members Only	Studio	Low/Medium
	11:00am - 12:30pm	Centred Yoga - Members Only	Studio	Medium
	2:15pm-3:45pm	Energy Flow Yoga	Studio	Medium
	4:00pm - 4:45pm	Spin	Studio	High
	5:45pm - 6:45pm	Kettlebells	Studio	High
<b>Sunday</b>	8.45am-9:30am	Strength & Conditioning	Gym	Low/Medium
	9:30am - 10:30am	Pilates	Studio	Medium
	9:50am-10:30am	Core	Gym	Low/Medium
	10:45am - 11:45am	Inspirational Yoga	Studio	Low
	11:15am - 12:00pm	Aqua Fitness	Pool	Medium
	12:15pm-1:15pm	Revitalising Yoga	Studio	Low
		3:15pm-4:00pm	Core Fusion	Studio

# Studio, Wellness, Outdoor and Pool Programme

**AERIAL YOGA** - An innovative type of Yoga using a low hanging, soft suspended fabric hammock to aid traditional Yoga postures by supporting your body weight.

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

**AQUA BOX** - Using a variety of boxing and kickboxing movements in the water, this class will give you all the strength with none of the impact of bag or pad work.

**AQUA HIIT** - A fast paced, cardio driven workout in the water. Short bursts of intense exercises using the water as a resistance tool. Invigorating and challenging and lots of fun.

**BARRE PILATES** - This class is a fusion of moves inspired by ballet barre exercises alongside the strength, flexibility and mobility of Pilates. An intense, high energy class that will improve your all-over body tone, strength and posture.

**BODY SCULPT** - Hardcore total body workout, which uses a variety of studio equipment to help build strength and shred fat.

**BODY WEIGHT CIRCUITS** - This class needs no equipment, just your own body weight as a resistance tool. A great introduction for beginners to those fundamental exercises such as squats/ lunges etc but for those with more experience, it will equally be a challenging session.

**BOX FIT** - A high intensity class, using boxing combinations, pad work and drills to get you into fighting shape.

**CENTRED YOGA- MEMBERS ONLY**- utilises concepts contained within Yoga, ancient martial arts, meditation and breath-work coupled with a modern day anatomical approach to help correct postural imbalances and improve the function and integration of the mind and body.

**CIRCUITS** - Workout using resistance and cardio exercises targeting the whole body in a circuit format.

**COMBAT FIT**- Combining street self defence techniques and compound exercises for strength and fitness. Learn functional striking and kicking techniques as well as how to anticipate and react to a potential situation or aggressor. Body weight drills, hand pads, kicking shields and kettlebells all combined into a dynamic fitness class making you feel energised, confident and strong to the core.

**CORE** - A 40 minute class focusing on developing balance using your core strength consisting of the abdomen, lower back and hips.

**CORE FUSION** - A strong core is key to your physical fitness. A class totally dedicated and tailored to building a strong core foundation .

Attention given to deep abdominals, superficial abdominals, lower back and pelvic floor.

**CORE YOGA** - This is a fun dynamic 60-minute vinyasa flow style practice. Flow will change on a weekly basis to challenge the mind and body and the exercises are designed for all abilities.

**DANCE FIT** - A fun & entertaining dance class. Cha Cha Cha, Jive, Charleston, shake shimmy and smile your way to fitness.

**ENERGY FLOW YOGA**- This 90 minute Yoga class will focus on linking the breath with movement to energise your body and increase flexibility.

**FITNESS PILATES**- Traditional Pilates moves performed in sequences at a higher intensity to raise your heart rate and add challenge.

**HIIT** - A form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods.

**INSPIRATIONAL YOGA** - A soothing session of Hatha Yoga, dynamic breathing and transcendental meditation that will fill your soul with positive energy and release you from the bonds of lingering stress.

**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.

**LOWER BODY WORKOUT** - This one is all about the largest muscles in the lower body. Focus on building lean/sculpted muscle mass to increase metabolism, burn extra calories and improve balance and joint stability.

**MEDITATION IN MOVEMENT**- Giving yourself the gift of being fully present in any moment by focusing on meditation in movement. Working towards reconnecting to ourselves through movement, mindfulness practice and recognising the importance of self care.

**MET-CON** - Fast paced, high intensity workouts that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat.

**MINDFUL MOVEMENT**- Centre yourself with this calming class. Combining breathing techniques and movement taken from Qi Gong and martial arts and meditation to wash away the stresses of everyday life and harmonise your inner self.

**MORNING YOGA** - Applying a gentle range of Asanas in a warm environment, your body will be brought alive in a soothing manner that will fill you with energy for the day. Great for a first experience of Yoga.

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

**POWER YOGA** - A series of strong and advanced Yoga positions, designed to increase strength, balance and flexibility. Not for those new to Yoga or with an injury.

**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.

**REVIVE YOGA** - During this 60 minute Yoga class, you will work through slow controlled movements designed to combine your breath with basic postures (asanas).

**SPIN** - High intensity, fun and exciting class on static bikes, using resistance to create a mixture of sprints and hill climbs set to music. This class strips body fat, tones legs, and will improve your cardio fitness - a 45 minute workout will burn up to 400 calories in an inspiring group session.

**STRENGTH & CONDITIONING** - A class designed to help improve your technique, performance and overall fitness.

Attention given to alignment, flexibility, balance and much more.

**SUSPENSION TRAINING** - By using gravity and leverage to get a full body workout, suspension training is great for all aspects of fitness including strength, power and balance. You're in control of how much you want to challenge yourself on each exercise by simply adjusting your body position.

**TRADITIONAL YOGA - MEMBERS ONLY** - Based on the 12 most important postures, this class will strengthen your understanding of each asana (suitable for all abilities).

**VINYASAYA FLOW YOGA** - This powerful and energetic Yoga pushes you to control your body's movement and breathing ability.

**YOGA THERAPY - MEMBERS ONLY** - Working with members only, this class will focus on any mobility issues you may wish to address and design a range of Asanas that you can apply to remedy the problem.

Due to size of our classes when we have the same type of class back to back we would ask that you only book in to one of these to allow availability for others.

If you are unable to attend a class please could you inform us as soon as possible to enable others to attend.

We do our utmost to keep to the schedule. However there may be occasions where classes or teachers are subject to change.

If you have any concerns about exercise, please consult a physician before attending