



March/April  
Fitness Schedule  
2020

HERB HOUSE at Lime Wood  
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<b>Monday</b>	9:30am - 10:15am	Met-Con	Outside	High
	10:30am - 12:00pm	Revitalising Yoga	Outside	Low
	10:45am - 11:30am	Aqua Fitness	Pool	Low/Medium
	2:00pm-3:00pm	Forest Walk & Core	Outside	High
	3:15pm-4:15pm	Dance Fit	Outside	Medium/High
	5:00pm - 5:45pm	Circuits	Outside	Medium
	5:30pm-6:30pm	Pilates	Outside	Medium/High
<b>Tuesday</b>	7:05am - 8:05am	Revive Yoga	Outside	Medium /High
	8:05am-9:05am	Core Yoga	Studio	Medium/High
	9:35am-10:05am	Forest HIIT	Outside	High
	10:25am-11:25am	Pilates	Outside	Medium
	11:30am - 12:30pm	Pilates	Studio	Medium
	4:30pm - 5:45pm	Yoga Therapy	Outside	Medium
	6:00pm - 7:30pm	Revitalising Yoga	Studio	Low
<b>Wednesday</b>	7:05am - 7:50am	Met-Con	Outside	High
	9:00am-9:45am	Barre Pilates	Outside	High
	10:00am - 10:45am	Kettlebells	Outside	Medium
	11:00am - 12:30pm	Power Yoga	Outside	High
	2:00pm - 2:45pm	Lower Body Workout	Outside	Low/Medium
	4:00pm - 5:00pm	Forest Run	Outside	High
<b>Thursday</b>	7:05am - 7:40am	Circuits	Outside	Medium/High
	7:45am-8:45am	Vinyasa Flow Yoga	Outside	Medium/High
	10:15am - 11:00am	Aqua Fitness	Pool	Low/Medium
	10:40am - 11:40pm	Intermediate Pilates	Outside	Medium
	11:45am - 12:45pm	Pilates	Studio	Low/Medium
	1:50pm-2:30pm	Dance Fit - Members Only	Studio	Medium/High
	5:15pm- 6:00pm	Lower Body Workout	Outside	Low/Medium
<b>Friday</b>	7:05am - 7:50am	HIIT	Outside	High
	9:15am - 10:15am	Body Sculpt	Outside	High
	10:30am - 11:30am	Fitness Pilates	Outside	High
	2:00pm - 2:30pm	Kettlebells	Outside	High
	3:15pm - 4:15pm	Vinyasa Flow Yoga	Outside	Medium/High
	5:00pm-6:00pm	HIIT & Core	Outside	High
<b>Saturday</b>	8:15am - 9:45am	Morning Yoga	Outside	Low
	10:45am - 11:45am	Forest HIIT	Outside	High
	11:00am - 12:30pm	Centred Yoga	Outside	Medium
	4:00pm - 5:00pm	Lower Body Workout	Outside	High
<b>Sunday</b>	9:30am - 10:30am	Pilates	Outside	Medium
	10:45am - 12:15pm	Inspirational Yoga	Outside	Low
	11:15am - 12:00pm	Aqua Fitness	Pool	Medium
	3:15pm-4:00pm	Lower Body Workout	Outside	Medium

# 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.

**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. 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**- 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.

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.

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

**FOREST HIIT** - Using natural tools of the forest (weather permitting) to give you a thorough workout encompassing all the muscles from head to toe.

**FOREST Run** - (weather permitting) an invigorating run through the surrounding forest.

**FOREST Walk & Core** - (weather permitting) a chance to get back to nature with a scenic walk in the natural forest followed by a core workout on the herb house rooftop.

**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.

**MINDFUL MEDITATION**- Mindfulness is a set of meditation techniques that will help you gain awareness from paying attention to your thoughts, breath and body, in the present moment, non-judgmentally, for greater sense of calm and self compassion, emotional resilience and well being."

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

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.

A regular attendance to this class is highly recommended in order to see the incredible benefits - all levels are catered for and beginners are welcome. 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).

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

**YOGA THERAPY** - 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.

\*Outdoor classes will take place outside in the Hotel Grounds, weather permitting. Please check with spa reception to confirm location.

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.