



Autumn
w/c 14th Sep - 18th Oct
Fitness Schedule 2020

HERB HOUSE at Lime Wood
Beaulieu Rd, Lyndhurst, Hampshire SO437FZ
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Monday	7:05am - 7:50am	Spin - Members Only	Studio	High
	9:15am - 10:00am	Met-Con	Studio	High
	10:30am - 11:15am	Revitalising Yoga - Members only	Studio	Low
	10:15am - 11:00am	Aqua Fitness	Pool	Low/Medium
	11:30am - 12:15pm	Revitalising Yoga	Studio	Low
	12:30pm - 1:15pm	Inspirational Yoga	Studio	Low
	1:35pm-2:20pm	Spin	Studio	High
	3:15pm-4:00pm	Dance Fit - Members Only	Studio	Medium/High
	4:15pm-5:00pm	Advanced Pilates	Studio	High
5:15pm - 6:00pm	Improver Pilates	Studio	Medium	
6:45pm-7:30pm	Circuits	Studio	High	
Tuesday	7:05am - 7:50am	Revive Yoga	Studio	Medium /High
	8:15am - 9:00am	HIIT	Studio	Medium/High
	9:30am - 10:15am	Pilates	Studio	Medium
	10:15am-11:00am	Aqua Box	Pool	High
	10:30am-11:15am	Pilates - Members only	Studio	Medium
	11:30am - 12:15pm	Pilates - Members Only	Studio	Medium
	12:30pm - 1:15pm	Body Sculpt	Studio	High
	3:30pm - 4:15pm	Revitalising Yoga - Members Only	Studio	Low
	4:30pm - 5:15pm	Yoga Therapy - Members only	Studio	Medium
5:30pm - 6:15pm	Revitalising Yoga	Studio	Low	
6:45pm-7:30pm	Circuits	Studio	High	
Wednesday	7:05am - 7:50am	Met-Con	Studio	High
	8:00am - 8:45am	Kettlebells - Members Only	Studio	High
	9:00am-9:45am	Fitness Pilates	Studio	High
	10:15am - 11:00am	Kettlebells - Members Only	Studio	Medium
	11:20am - 12:05pm	Power Yoga - Members only	Studio	High
	12:15pm - 1:00pm	Power Yoga	Studio	High
	1:10pm - 1:55pm	Yoga Therapy	Studio	Medium
	2:15pm - 3:00pm	Lower Body Workout	Studio	High
	5:45pm - 6:30pm	Body Sculpt	Studio	High
6:45pm - 7:30pm	Kettlebells	Studio	High	
Thursday	7:00am - 7:45am	Circuits	Studio	Medium/High
	8:00am - 8:45am	Vinyasa Flow Yoga	Studio	Medium/High
	9:05am - 9:50am	Shadow Box Fit	Studio	High
	10:15am - 11:00am	Aqua Fitness	Pool	Low/Medium
	10:45am - 11:30pm	Intermediate Pilates - Members Only	Studio	Medium
	11:45am - 12:30pm	Pilates	Studio	Low/Medium
	1:00pm-1:45pm	Dance Fit - Members Only	Studio	Medium/High
	2:45pm - 3:30pm	Mindful Meditation - Members Only	Studio	Low
	3:45pm - 4:30pm	Mindful Meditation	Studio	Low
5:15pm - 6:00pm	Body Sculpt	Studio	High	
6:15pm- 7:00pm	Lower Body Workout	Studio	Low/Medium	
Friday	7:05am - 7:50am	Spin	Studio	High
	9:15am - 10:00am	Body Sculpt - Members Only	Studio	High
	10:30am - 11:15am	Pilates - Members Only	Studio	Medium/High
	11:30am - 12:15pm	Pilates	Studio	Low/Medium
	12:35pm - 1:20pm	Fitness Pilates	Studio	Medium/High
	1:30pm - 2:15pm	Dance Fit	Studio	Medium/High
	3:30pm - 4:15pm	Kettlebells	Studio	High
	5:30pm - 6:15pm	Spin	Studio	High
	6:30pm -7:15pm	HIIT	Studio	High
Saturday	8:15am - 9:00am	Morning Yoga	Studio	Low
	9:30am-10:15am	Outdoor Bootcamp*	Hotel Grounds	High
	9:30am - 10:15am	Traditional Yoga - Members Only	Studio	Low/Medium
	11:00am - 11:45pm	Centred Yoga - Members Only	Studio	Medium
	2:30pm - 3:15pm	Met-Con	Studio	High
	3:30pm - 4:15pm	Spin	Studio	High
Sunday	8.30am-9:15am	Strength & Conditioning	Studio	Medium/High
	9:30am - 10:15am	Pilates	Studio	Medium
	10:45am - 11:30am	Inspirational Yoga - Members Only	Studio	Low
	11:15am - 12:00pm	Aqua Fitness	Pool	Low/Medium
	12:00pm-12:45pm	Revitalising Yoga	Studio	Low
	1:00pm - 1:45pm	Revitalising Yoga - Members Only	Studio	Low
	3:15pm-4:00pm	Core & Lower Body	Studio	Low/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.

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

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.

CORE & LOWER BODY - A combination of exercises designed to challenge the core via stabilisation techniques and muscle activations as well as incorporating the lower body.

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.

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.

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.

OUTDOOR BOOTCAMP - High intensity full body workout out in natural surroundings to get your endorphins pumping!

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).

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

SPIN - High intensity, fun and exciting class on static bikes, using resistance to create a mixture of sprints and hill climbs set to music.

SPIN & CORE - A fun, athletic, cardiovascular cycling class which incorporates a core workout at the end.

STRENGTH & CONDITIONING - A class designed to help improve your technique, performance and overall fitness. Attention given to alignment, flexibility, balance and much more.

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

VINYASA 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.

*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.