



AUTUMN/WINTER GROUP FITNESS TIMETABLE

CLASS BOOKINGS:

To book your class, please visit the My Wellness App. Members can book up to 8 days in advance.

PLEASE NOTE:

Please continue to sanitise equipment in a timely manner.
Please be mindful of congestion when waiting for your class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stability Ball 8:45 - 9:30 	Spin 9:15 - 10:00 	Sprint Spin 8:30 - 9:00 	Body Pump 7:00 - 8:00 	Stability Ball 8:40 - 9:25 	Spin 8:00 - 8:55 	Body Pump 9:15 - 10:15 
Spin 9:40 - 10:25 	LBT 10:15 - 11:00 	Step 9:15 - 10:00 	Peake 9:30 - 10:25 	Body Pump 9:30 - 10:30 	Peake 9:00 - 10:00 	Body Balance 10:30 - 11:30 
Body Pump 10:30 - 11:30 	HIIT 11:00 - 11:30 	Body Pump 10:00 - 11:00 	Run Club 9:30 - 10:30 	Vinyassa Yoga 10:40 - 11:40 	Yin Yoga 10:10 - 11:20 	
Body Balance 11:35 - 12:35 	Pilates 17:00 - 18:00 	Body Balance 11:00 - 12:00 	LBT 10:30 - 11:15 	Hatha Yoga 17:00 - 18:00 		
Aqua 12:45 - 13:30 	DanceFit 18:00 - 19:00 	HIIT 17:30 - 18:00 	Yin Yoga 11:30 - 12:45 	Peake 18:10 - 19:10 		
Yin Yoga 15:50 - 17:00 	Peake 19:10 - 20:10 	Body Pump 18:00 - 19:00 	Pilates 15:00 - 16:00 			
Zumba 17:00 - 17:45 		Body Balance 19:10 - 20:10 	DanceFit 16:00 - 17:00 			
Spin 18:00 - 18:55 			LBT 17:15 - 18:00 			
Body Pump 19:00 - 20:00 			Spin 18:05 - 19:00 			
			Yin Yoga 19:30 - 20:45 			



GROUP CLASS INFORMATION

HOLISTIC CLASSES

Body Balance

Body Balance is a top Les Mills class using classic moves from Yoga, Pilates and martial arts to music to help improve posture and strengthen your body.

Hatha Yoga

Hatha is a style of yoga that's great for relaxing with a focus on mindfulness and breath work. Like all our yoga styles here at Peake Fitness, it will help you to de-stress and unwind.

Pilates

Pilates helps to build a strong mind-muscle connection to your postural muscles, abdomen and core with a focus on breathing techniques and mindfulness.

Vinyasa Yoga

Vinyasa is a style of yoga where postures are linked together with breath in a flowing sequence. Working through lots of different flows means no two classes are the same and they are always a challenge.

Yin Yoga

Yin yoga takes you through postures and stretches to target areas of tightness and weakness. You don't need to be flexible as the class is suitable for all, and using yoga tools will help your practice progress.

STRENGTH CLASSES

Body Pump

Body Pump offers a full-body Les Mills barbell workout, using uplifting music to help build and tone the main muscle groups.

LBT

Legs, Bums & Tums is aimed at toning and building muscle through using weights, using your body as resistance, or using tools like stability balls.

Stability Ball

Stability Ball focuses on stability and strength, featuring exercises and movements using Swiss Balls. This class also helps to improve your overall fitness levels.

CARDIO CLASSES

Spin

Get your head down and ride - it's the perfect way to switch off. Our spin classes are high-energy and powered by great music, making them a fun way to improve your cardio fitness and tone those legs.

Sprint Spin

Interval training is proven to be the best way of improving your fitness and burning calories. Our shorter Sprint Spin class allows you to get the most out of a short, sharp, fast-paced, all-action session.

Step

Move, sweat, and have fun! Step is a high-energy cardio workout using an aerobic platform to boost strength, coordination, and endurance through choreographed routines set to motivating music.

CARDIO CLASSES

Peake

Get fitter, stronger, and faster with our brand-new Peake class - a guaranteed sweat fest! Spin, lift, twist, push, and pull your way into Peake shape. One for fans of HIIT, Body Attack, Body Pump, or Spin.

Aqua

Aqua is a choreographed aerobic session that takes place in our indoor pool. Test your ability to exercise in the water whilst having fun! Aqua is a great way to exercise with low impact on joints.

DanceFit

DanceFit is a contemporary, freestyle and choreographed instructor-led dancing session. Find your inner dancer. Boogie and exercise away to musical tracks whilst having fun and getting fit.

HIIT

High-Intensity Interval Training includes many formats featuring short bursts of cardio activity, exercising the whole body. A great all-rounder to improve your fitness.

Run Club

Get outside with Trudy's run club. Enjoy the fresh air as you take a route around our stunning golf course and surrounding areas. Suitable for runners of all levels and abilities.

Zumba

A Latin-inspired dance class that will not only burn calories but also make you smile.