



# Aztec Studio

## Class timetable From Monday 19th July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Revive - Yoga &amp; Pilates blend</b> 9.45am-10.45am Instructor: Julie		<b>Zumba</b> 10.00am-11.00am <small>*Discount for over 50s</small> Instructor: Tania			<b>Zumba</b> 9.30am-10.30am Instructor: Tania	
<b>Pilates</b> 10.45am-11.45am Instructor: Julie	<b>Power Tone</b> 10am-11am (Starting Tues 27July) Instructor: Bridget					
			<b>Zumba</b> 1.30pm-2.30pm Instructor: Zoe			
<b>Pilates</b> 6.15pm-7.15pm Instructor: Julie	<b>Zumba</b> 5.45pm-6.45pm Instructor: Zoe	<b>Burn &amp; Tone Aerobics</b> 6.00pm-7.00pm Instructor: Tania	<b>Power Tone</b> 6.15pm-7.15pm (Starting Thurs 22July) Instructor: Bridget			
<b>Body Tone</b> 7.15pm-8.15pm Instructor: Julie	<b>Disco Inferno</b> 6.45pm-7.45pm Instructor: Tania	<b>Zumba</b> 7.00pm-8.00pm Instructor: Zoe	<b>Disco Inferno</b> 7.30pm-8.30pm Instructor: Tania			

For more details on classes visit [www.tlh4locals.co.uk](http://www.tlh4locals.co.uk)

**01803 400190** [aztec@tlh.co.uk](mailto:aztec@tlh.co.uk)  
Aztec Studio, Carlton Hotel, Falkland Road, Torquay





# Aztec Studio

## Price List

### Burn & Tone, Strike! and Disco Inferno classes

Member	£3
Non member	£5

### Low Impact Aerobics 50+

Member	£2.50
Non member	£4.00

### Zumba® classes

Member	£2.50 (daytime)	£3 (evening)
Non-member	£4.00 (daytime)	£5 (evening)

### Power Tone

All classes	£3.80
-------------	-------

### Pilates and Body Revive classes

All classes	£5
-------------	----

### Yoga

All classes	£5
-------------	----

### 30 Minute Classes

<b>Gold members</b>	<b>FREE</b>
Other members	£1
Non-members	£2

### Aqua classes (per session)

Member	£2.50 (daytime)
Non member	£5 (anytime)

#### Terms and conditions

All classes must be pre-paid at the time of booking and at least 5 minutes before the start of the class.

If a class has to be cancelled or changed at short notice, we will try our best to let you know in good time. If you have pre-paid, we will transfer your payment to the next available class.

You will be required to complete a pre-exercise questionnaire on your first visit.

Please check with your doctor if you have any health concerns before starting a new exercise class.

### Zumba®

Hypnotic latin dance rhythms and easy to follow moves create a dynamic fitness program! Routines feature a combination of fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. Suitable for all levels. Wear loose comfortable clothing and trainers or soft shoes.

### Power Tone

All over body work-out including fat burning, body sculpting and yoga exercises.

### Body Tone

A fun, effective toning class using contemporary pilates/yoga moves. Will improve strength, mobility and flexibility.

### Yoga

Yoga helps to purify our body and promote improved physical and mental health and well being. Flexibility is improved and stress levels can be reduced.

### Pilates

Focus on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises. Classes are suitable for both improvers and intermediate levels.

### Burn & Tone Aerobics

Classic aerobic workout to music designed to burn fat, tone up and improve stamina. Ideal alternative to a cardio gym workout or a fun addition to your current exercise programme.

### Disco Inferno

A fun 70s & 80s disco style workout. Burn calories and reduce your stress levels. Come along - get your groove on and boogie!

### Strike!

Fun, dynamic combination of martial arts techniques and cardio workout. Use a variety of equipment in group, pair and individual workouts to develop speed, co-ordination and power, and help get rid of any pent up stress!

### Low Impact Aerobics 50+

A low impact workout consisting of exercises structured in a simple routine that is easy to follow and will burn those calories and help tone those problem areas. It will improve your fitness level, mobilise those joints and leave you feeling ready to tackle the day.

### Body Revive

Total body toning. A modern mix of Pilates, Yoga & Tai Chi. Uplifting, fun and effective.

### 30 Minute Classes

#### Strike!

A shorter more intense cardio-combat workout.

#### Killer Abs

Intense abdominal work to help achieve a flat toned stomach.

#### Fitball Core Blast

Develops core strength to help improve stability and posture.

#### Circuit Training

The classic fitness workout with added motivation and proven results! Using various fitness stations for timed circuits this workout will work large muscles groups to improve stamina and tone up.

### Aqua Aerobics

Aqua aerobics is not only a great way to get fit but it is also one of the safest. It keeps the heart and lungs healthy whilst toning the body and reducing fat, and also provides a good opportunity for a splash about in the water.

A fun and safe way to get fit using the water as support.

### Funky 50s Aqua

Fun and enjoyable water aerobics tailored to the over 50s.

### Walking Wounded Aqua

Low impact aerobics in the water designed for those with mobility difficulties.

**The Studio is also available to hire. Call 01803 400190 for more details.**