

# Classes

**Aqua Aerobic** - Fun and enjoyable water aerobics suitable for all ages and levels of fitness.

**Boxercise Bootcamp** - Challenge your fitness, at all levels, as an individual within a team spirited environment. Intermixed with pad free boxing drills to develop your boxing skills and speed.

**Daisy Tinies** is suitable for babies from 6 weeks - 4/5months of age. Incorporates: Postnatal movement, Song and rhyme, Baby massage, Baby yoga, Discussions on upcoming milestones and safety.

**Daisy Wrigglers** is suitable for babies around 4/5months - 8/9 months of age. Incorporates: Baby Yoga, Song and rhyme, Baby sensory, Discussions on upcoming milestones and safety.

**Daisy Cruisers** A weekly class for mum and baby to help you learn how to use a variety of tools such as toddler yoga, rhythm, rhyme, story and (baby) sensory experiences to aid your baby's development, your connection and learn how to embrace the chaos!

**Fitsteps®** - Fitness programme which is a mix of Ballroom & Latin dances put together to create a fun, energetic and effective way to stay fit. No partners needed.

**HIIT** - High-intensity interval training is a training technique in which you go all-out through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Keibudo Karate** is a Martial Art for the whole family, covering all techniques from self-defence to all round fitness. From ages 6 and up. The whole family can train together, with our family discount offers.

**Mindful Mondays:** Mondays yoga class is all about reducing the stress in the body and inviting peace into the mind. This 60 minute yoga class will give you the opportunity to explore flowing and still yoga postures, to work with specific breathing techniques and learn easy meditation methods that help lower daily stress levels and increase over-all wellbeing.

**Old Skool Aerobics** - Back to high kicks and grapevines, whooping and leg warmers optional. High energy fitness session to include cardio followed by toning with a bums and tums focus.

**Pilates** - Connect with your muscles, focus your mind on your joints to ensure alignment and mobility. Strengthen your core supporting muscles, promote posture alignment and reduce the negative effects of daily lifestyle behaviours that create tension and pain.

**PowerTone** - All over body work-out including fat burning, body sculpting and yoga exercises. Combines sets of resistance training and cardio-vascular exercises.

**Step/Combat Aerobics** - A seamless balance of basic choreographed step, layering in more advanced options for seasoned steppers, followed by a high energy combat session where you punch and kick your way to fitness.

**Street Dance - Rare Dance Academy** - Classes for children aged 5+, keep fit while having fun! Learn upbeat current choreography to the latest chart hits! Build your confidence and get the chance to perform at great events!

**Stretch and Conditioning** - Whole body toning session with lengthening stretches to unwind mind and body at the end of the week.

**Weighted Workout** - Conditioning class using a range of free weights. Breathing techniques and meditation are also integrated.



# Aztec Studio



# Timetable

Only  
**£25**  
month

## Studio Membership

includes free access to most classes

  = Free classes for Studio & Platinum Members

Full descriptions of all our classes can be found online  
[www.flh.co.uk/aztec-leisure/aztec-studio](http://www.flh.co.uk/aztec-leisure/aztec-studio)



## Get fit... have fun!

[www.flh.co.uk/aztec-studio](http://www.flh.co.uk/aztec-studio)

# Aztec Studio Timetable from Monday 7 June 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIIT</b>  8.30am–9.20am Call <b>Bridget</b> on <b>07539 273525</b>	<b>Aqua Aerobics</b>  9.15am–10.00am with Kelly 	<b>HIIT</b>  9.00am–10.00am Call <b>Bridget</b> on <b>07539 273525</b>	<b>HIIT</b>  9.00am–10.00am Call <b>Bridget</b> on <b>07539 273525</b>	<b>HIIT</b>  9.00am–10.00am Call <b>Bridget</b> on <b>07539 273525</b>	<b>Step/Combat Aerobics</b>  9.00am–10.00am with Emma 
<b>Pilates</b>  9.40am–10.40am Call <b>Julie</b> on <b>07966 571159</b>	<b>Daisy Wrigglers</b>  10.30am–11.30am Call <b>Kate</b> on <b>07413 436997</b>	<b>Fitsteps®</b>  1.30pm–2.15pm with Vicky 	<b>Daisy Wrigglers</b>  10.30am–11.30am Call <b>Kate</b> on <b>07413 436997</b>	<b>Aqua Aerobics</b>  9.15am–10.00am with Emma 	<b>Rare Dance Academy</b> 12.00pm–2.00pm Call <b>Chloe</b> on <b>07504 115720</b> 
<b>Pilates</b>  11.00am–12.00pm Call <b>Julie</b> on <b>07966 571159</b>	<b>Daisy Tinies</b>  12.15pm–1.15pm Call <b>Kate</b> on <b>07413 436997</b>	<b>Aqua Aerobics</b>  1.45pm–2.30pm with Emma 	<b>Daisy Cruisers</b>  12.15pm–1.15pm Call <b>Kate</b> on <b>07413 436997</b>	<b>Pilates</b>  10.45am–11.45am with Emma 	
<b>Pilates</b>  6.00pm–7.00pm with Clover 	<b>Keibudo Karate School</b>  5.45pm–6.45pm <b>Keith 07884017878</b>	<b>Old Skool Aerobics</b>  6.00pm–7.00pm with Emma 	<b>Keibudo Karate School</b>  5.45pm–6.45pm <b>Keith 07884017878</b>	<b>Stretch &amp; Conditioning</b>  5.30pm–6.30pm with Emma 	
<b>Mindful Mondays</b>  7.30pm–8.30pm Call <b>Sarah</b> on <b>07387152798</b>	<b>Powertone</b>  7.00pm–8.00pm Call <b>Bridget</b> on <b>07539 273525</b>	<b>Boxercise Bootcamp</b>  7.20pm–8.20pm with Emma 	<b>Powertone</b>  7.00pm–8.00pm Call <b>Bridget</b> on <b>07539 273525</b>		

 **£3** members **£6** non-members  
Free to Studio & Platinum Members

 **£3** members **£5** non-members  
Free to Studio & Platinum Members

 Bookable on  
**CymSync** app

 Bookable directly  
with Instructor.

**Entry will not be granted without a card** - You must collect a class card when you pay and hand it to the instructor when entering the Studio. **Terms and conditions:** All classes must be paid 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 • No refunds or transfers will be made if a class is covered by another instructor • No refunds or transfers will be given for bookings cancelled by you • 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 • For free classes, members must show their membership card at the reception when booking onto the class.

For more details on classes visit [www.tlh.co.uk/aztec-studio](http://www.tlh.co.uk/aztec-studio)  
Call 01803 400190 - Aztec Studio, TLH Carlton Hotel, Falkland Road, Torquay