



Aztec Studio Timetable

Commencing Monday 29th October 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Balance 9.40am-10.40am Julie P	Piloxing Knockout* £3 6.30am-7.15am Lou ★ £5	Piloxing Barre* £3 9am-9.45am Lou ★ £5	Piloxing* £3 9am-9.45am Lou ★ £5	Kundalini yoga with Mindfulness Julia P 9.30am-10.45am	Boxercise* £3 8.45am-9.45am Nick ★ £5
Pilates 10.40am-11.40am Julie P	Aqua Fit £3 10am-10.45am Zoe T ★ £6	Kundalini yoga with Mindfulness Julia P 10am-11.15am	Aqua Fit £3 10am-10.45am Zoe T ★ £6	Kids & Grown Ups Boxercise £3 6.00pm-6.45pm Nick ↑	Freestyle Yoga Flow £3 10am-11am Holly ★ £5
Circuit Training £3 1.30pm-2.30pm Andy ★ £5	Aqua Therapy £3 11am-11.45am Zoe T ★ £6	Fitsteps* £3 1.30pm-2.15pm Vicky ★ £5	Pound* £3 10am-10.45am Lou ★ £5	Just Jhoom* £3 7pm-8pm Anne ★ £5	
Pilates £3 6pm-7pm Clover ★ £5	Zumba* £3 5.45pm-6.45pm Zoe B ★ £5	Kick Boxercise* £3 6pm-6.45pm Nick ★ £5	Piloxing* £3 5.45pm-6.45pm Lou ★ £5		
Circuit Training £5 7.30pm-8.30pm Ian P	Powertone £5 6.45pm-7.45pm Bridget £5	Zumba* £3 7pm-8pm Zoe B ★ £5	Powertone £5 6.45pm-7.45pm Bridget £5		
			Heated Flow Yoga Sarah 8pm-9.30pm Class heated to 24°C P		

- ★ = Free classes for Studio & Platinum Members
- P = Please pay instructor
- £3 = Price for Club Members
- £5 = Price for Non-members
- ↑ = Adult - £4
Club Member - £2
Child - £2 each
(Age 5-11 years only)

 Mind/Body
 Dance/Choreography
 High Intensity/Conditioning
 Water-based Class

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. If pre-booked by telephone please remember to collect a card before the class starts. **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 • 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
 Call 01803 400300 - Aztec Studio, TLH Carlton Hotel, Falkland Road, Torquay



Classes



Kids and Grown-ups Boxercise®

Boxercise is one of the most effective forms of cross-training available today. It is suitable as part of general fitness training for those pupils already involved in sport. Boxercise enhances sports specific senses, including hand-eye co-ordination, balance and timing. Limited spaces so please book in advance. Maximum of 2 children per adult.

NEW

Aqua Fit - Fun & enjoyable water aerobics class.

Aqua Therapy - A water-based class for those with mobility problems.

Boxercise® & Kick Boxercise® -

Combining boxing and exercise in a fun, stress busting activity to suit everyone. It combines both aerobic and anaerobic energy systems with the recruitment of fast and slow twitch muscle fibres. Sports specific senses, including hand-eye co-ordination, balance and timing are enhanced.

Circuits - A mix of high intensity training circuits. Each class will have a different variation and will focus on strength, conditioning, agility, cardiovascular fitness, muscular endurance and core training.

FitSteps® - Fitness that's strictly fun! Designed by the dancers of TV's Strictly Come Dancing from the world of ballroom & latin. No partners needed.

Just Jhoom® - Inspired by the glitz and glamour of Bollywood. Energetic & fun workout.

Kundalini yoga with Mindfulness - A unique form of exercise offering a huge variety of fun and dynamic exercises designed to move energy through your body and uplift your spirit.

Pilates - Building core strength and improve posture through a series of low repetition exercises.

Piloxing® - Non-stop interval fusion of Standing Pilates, Boxing and Dance!

Piloxing Barre® - A low-impact workout that uses both a ballet bar and light, weighted gloves to provide a full-body strength & cardio workout that burns calories and tones.

Piloxing Knockout® - 45-minute workout influenced by plyometrics, sports conditioning drills and functional training.

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

Pound - An exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements, inspired by the fun of playing the drums.

Zumba® - Hypnotic Latin dance rhythms and easy to follow moves create a dynamic fitness program! Suitable for all levels.

Freestyle Yoga Flow - A yoga flow suitable for all ages and abilities. Have fun and relax and feel fantastic with a flow suitably tailored to your needs.



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Studio Membership

includes free access to most classes

★ = Free classes for Studio & Platinum Members

Only
£23
month

Full descriptions of all our classes can be found online www.tlh.co.uk/aztec-leisure/aztec-studio

We're social, join us on #TLHhotels



Get fit, have fun...
www.tlh.co.uk/aztec-studio
#AztecStudioFit