

Classes

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

Boxercise 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.

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.

Flow Yoga The class ensures safety & restoration are priority while building flexibility, skill & mobility. Variations and modifications given to suit all levels and abilities. Allow your mind to open and relax during full body hearty flows.

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.

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.

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

Power conditioning and stretch Whole body toning session with lengthening stretches to unwind mind and body at the end of the week.

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!

Zumba is a fun enjoyable energising class. Every class feels like a party! It's a total workout, combining cardio, muscle conditioning, balance and flexibility. You'll leave each class with boosted energy and a serious dose of awesomeness.



Aztec Studio



Timetable

Only
£26
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.tlh.co.uk



Get fit... have fun!

www.tlh.co.uk

Aztec Studio Timetable from Monday 13th June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT  8.30am–9.20am Call Bridget on 07539 273525	Aqua Aerobics  9.15am–10.00am with Kelly 	HIIT  9.00am–10.00am Call Bridget on 07539 273525	Flow Yoga  7.45am–8.45am with Alex 	HIIT  9.00am–10.00am Call Bridget on 07539 273525	Step/Combat Aerobics  9.00am–10.00am with Emma 
Pilates  9.40am–10.40am Call Julie on 07966 571159	Keibudo Karate School  5.45pm–6.45pm Keith 07884017878	Fitsteps®  1.30pm–2.15pm with Vicky 	HIIT  9.00am–10.00am Call Bridget on 07539 273525	Aqua Aerobics  9.15am–10.00am with Emma 	Rare Dance Academy  12.00pm–2.00pm Call Chloe on 07504 115720
Pilates  11.00am–12.00pm Call Julie on 07966 571159	Powertone  7.00pm–8.00pm Call Bridget on 07539 273525	Aqua Aerobics  1.45pm–2.30pm with Emma 	Keibudo Karate School  5.45pm–6.45pm Keith 07884017878	Pilates  10.30am–11.30am with Emma 	<p>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. Participants must be aged 16 or over. Terms and conditions: All classes must be paid at least 5 minutes before the start of the class.</p> <ul style="list-style-type: none"> • 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.
Pilates  6.00pm–7.00pm with Emma 		Zumba  5.15pm–6.00pm with Kelly 	Powertone  7.00pm–8.00pm Call Bridget on 07539 273525	Pilates  11.45am–12.45pm with Emma 	
		Old Skool Aerobics  6.15pm–7.15pm with Emma 		Power Conditioning and Stretch  5.30pm–6.30pm with Emma 	
		Boxercise  7.20pm–8.20pm with Emma 	 Bookable on GymSync app		
			 Bookable directly with Instructor.		

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

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

For more details on classes visit
www.tlh.co.uk

Call 01803 400190 - Aztec Studio, TLH
Carlton Hotel, Falkland Road, Torquay

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