

AQUA VITAE TIMETABLE

Valid from Monday 10th September 2018

MONDAY

MORNING

7.00 - 7.45 SUNRISE CYCLE..... IAN
 8.30 - 9.30 BEGINNERS PILATES JO S
 9.45 - 10.35 INDOOR CYCLING IAN
 10.45 - 11.45 BODY PUMP JO S
 11.50 - 12.20 BODY ATTACK JO S

AFTERNOON

12.30 - 1.15 AQUAFIT JO S
 12.25 - 1.55 HATHA YOGA..... ROSE
 2.00 - 3.30 VINYASA FLOW DEBBI
 5.30 - 6.00 HIIT JORDAN
 6.00 - 6.45 STABILITY BALL JORDAN
 7.00 - 8.00 INDOOR CYCLING MARK T
 8.15 - 9.15 HATHA - EASY YOGA CLARE

THURSDAY

MORNING

9.00 - 9.30 HIIT JORDAN
 09.30 - 10.30 ZUMBA CLIFTON
 10.30 - 11.00 BODY TONE..... CLIFTON
 11.00 - 12.30 HATHA YOGA..... MARIA

AFTERNOON

12.00 - 1.00 AQUAFIT CLIFTON
 12.45 - 1.30 INDOOR CYCLING IAN
 2.00 - 2.45 RELAX KIDS LITTLE STARS (2.5-4YRS) .. AMANDA (£)
 4.30 - 5.30 TWEEN & TEEN YOGA (11-16YRS)..... CLARE (£)
 6.00 - 6.45 BODY BLITZ MARCUS
 6.00 - 7.00 RUNNING CLUB IAN
 7.00 - 7.45 BOXERCISE..... MARCUS
 8.00 - 9.30 VINYASA FLOW YOGA DEBBI

TUESDAY

MORNING

9.00 - 9.30 HIIT JORDAN
 9.00 - 09.45 AQUAFIT JO S
 9.30 - 10.00 STABILITY BALL JORDAN
 10.00 - 11.00 INTER / ADV PILATES..... CHRISTINE
 11.00 - 12.00 BODY BLITZ JORDAN

AFTERNOON

6.00 - 7.00 ZUMBA CLIFTON
 7.15 - 8.15 AQUAFIT CLIFTON
 7.15 - 8.00 BODY PUMP JO S
 8.00 - 8.30 BODY ATTACK JO S

FRIDAY

MORNING

7.00 - 7.45 SUNRISE CYCLE..... IAN / CLIFTON
 8.30 - 10.00 VINYASA FLOW YOGA DEBBI
 10.15 - 11.00 INDOOR CYCLING IAN / CLIFTON
 11.15 - 12.15 BODY PUMP JO S

AFTERNOON

12.15 - 1.00 AQUAFIT JO S
 1.30 - 2.30 PILATES - ALL LEVELS CHRISTINE
 6.00 - 6.30 BODY ATTACK JO S
 6.30 - 7.15 HIIT / CORE MARCUS

WEDNESDAY

MORNING

7.00 - 7.45 SUNRISE CYCLE..... CLIFTON
 8.30 - 9.30 BEGINNERS PILATES JO S
 9.30 - 10.30 ZUMBA CLIFTON
 10.30 - 11.15 BODY TONE..... CLIFTON
 11.30 - 12.30 INTERMEDIATE PILATES..... CHRISTINE

AFTERNOON

12.45 - 1.45 AQUAFIT CLIFTON
 12.45 - 1.45 ADULT DANCE JAYNE
 3.45 - 4.15 KIDS ZUMBA JUNIOR (4-7YRS) SHELLEY (£)
 4.15 - 4.45 KIDS ZUMBA (8-12YRS) SHELLEY (£)
 5.30 - 6.00 HIIT MARCUS
 6.00 - 6.45 KETTLEBELL BLAST MARCUS
 7.00 - 7.45 INDOOR CYCLING IAN
 8.00 - 8.30 CORE CONDITIONING IAN

SATURDAY

MORNING

8.45 - 9.30 MILITARY STYLE BOOTCAMP..... MARCUS
 9.15 - 10.15 INDOOR CYCLING IAN
 10.30 - 11.30 ... RUNNING CLUB..... IAN
 10.30 - 11.45 PILATES - INTERMEDIATE / ADVANCED..... ROXAN

SUNDAY

MORNING

9.15 - 9.45 BODY ATTACK JO S
 10.00 - 10.45 BODY PUMP EXPRESS..... JO S
 11.00 - 12.00 ZUMBA CLIFTON

AFTERNOON

12.30 - 1.15 AQUAFIT CLIFTON
 5.30 - 6.30 INDOOR CYCLING CLIFF T

All other classes, check-in at least **10 minutes before** it is due to start by signing in at the Aqua Vitae Reception.

It is essential to book for all classes, classes can be booked seven days in advance.
 - (£) additional charge applies -

LES MILLS
BODYPUMP

LES MILLS
BODYATTACK



Aqua Vitae, Matfen Hall, Matfen Village, Newcastle upon Tyne NE20 0RH Telephone: 01661 855 710
 Email: aquavitaereception@matfenhall.com Discover more at www.matfenhall.com





CLASS DESCRIPTIONS

Cardio

HIIT

A combination of bodyweight only exercises and high intensity intervals that will set your metabolic rates through the roof. A session that needs no equipment, little space and has a great pumping sound-track. Create metabolic disturbance and burn fat.

Boxercise

Box yourself into becoming Cardio fit with pad work, shadow boxing, skipping plus much more.

Body Attack

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Running Club

Race season is almost here! So whether you are wanting to train for an event or just to enjoy a run in a friendly non competitive atmosphere, this is just for you, for all levels of fitness.

Cycle

Indoor Cycling

An inclusive non-competitive program based on the principles of outdoor cycling combined with mind-body training. Let our motivational instructors, who are all Spinning® trained, help you perfect your technique and take you through dynamic rides covering hills, racing, interval training and active recovery. Whatever your fitness level, our inspirational music and high-quality coaching techniques will motivate you to get the best from your class in a safe, welcoming and positive environment.

Sunrise Cycle

Early morning indoor cycling session to set yourself up for the day, will be quieter session.

Mind and Body

Pilates

Low impact, whole body controlled exercises to help improve postural stability and alignment, core strength, balance, joint mobility, flexibility and muscle tone, whilst also aimed to reduce the risk of injury and stress.

Beginners Pilates - Suitable for all.

Beginners/Intermediate Pilates - suitable for all including those ready to progress to the next level.

Intermediate Pilates - Suitable for those ready to progress to the next level.

Advanced Pilates - For those that have gone through all levels of Pilates and are looking for the more intensive challenge.

Easy Yoga

An hour of restorative Yoga & Relaxation suitable for beginners. Post exercise follow on. Improve your wellbeing and help ease yourself into the new week.

Tween & Teen Yoga

An introduction to the basics of Yoga & Relaxation suitable for ages 11 to 16. Learn the basic postures, essential breathing and relaxation exercises. All genders welcome.

Hatha Yoga

Physical postures (Asanas) are taught with a focus on alignment and breath while entering, holding, and leaving the posture - to stretch, strengthen and flex the body.

Hatha Yoga is an excellent style for students who appreciate longer holds in individual postures and prefer a slower and more meditative approach to practice (while still reaping the benefits of a physical practice). Often described as 'Meditation in Motion' facilitating an overall feeling of well-being.

Vinyasa Flow Yoga

Vinyasa means "breath-synchronized movement," and Vinyasa Yoga is a series of yoga poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like; imagine a sequence of yoga poses to the flow of breath, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.

Tone and Strength

Body Pump

The full body weights workout, Body Pump is for anyone wanting to get toned, lean and fit. Using light to moderate weights with lots of repetitions, Body Pump gives you a total body workout that burns lots of calories. It'll also tone and shape your body without adding bulky muscles.

Body Blitz

A full body workout designed to tone all of the muscles, and burn calories. With the use of barbells, Kettlebells and body weight exercises, body blitz is guaranteed to shock your body each session. Using a combination of compound movements, plyometrics and high intensity intervals, body blitz is a very demanding class that will increase your metabolism at a shocking rate, resulting in an after-burn effect of up-to 48 hours later.

Body Tone

An all over body workout, which targets all muscle groups to tone and sculpt. This workout also incorporates moves to stretch the body, which strengthens the ligaments, especially after injury. A great feel good session.

Kettlebell Blast

A full body workout used to perform ballistic (power) exercises. Kettlebell training combines cardiovascular, strength and flexibility which allows the body to gain strength and endurance. Using mainly the lower back, legs and shoulders, Kettlebell training requires the correct technique at all times. A workout guaranteed to give results. Definitely worth a try if you are looking for something different!

Bootcamp

An outside based class with a mixture of traditional exercises including aerobic and body weight exercises with interval and strength training as well.

Military Bootcamp

A tougher approach to the normal bootcamp session.

Aqua

Aqua Fit

A fun class incorporating low impact moves in the water that will leave you feeling mobilized and energised.

Core

Core Conditioning

Core conditioning primarily works your abdominal and back muscles, which can lead to a flatter stomach and tighter core. This is the perfect class to complete your weekly fitness routine and in just 30 minutes.

Stability Ball

Focusing mainly on the core. The Stability Ball (Swiss ball) class uses both stability ball and body weight exercises. Stability ball is a fun way to train the core, become more flexible and train the whole body in one class. If you are looking to improve coordination, build strength and activate key muscles then this is the class for you.

Dance

Zumba

The class that started the dance fitness revolution and changed the way we look at a workout forever. Its fun, effective and best of all, made for everyone.

Kids

Zumba Kids Junior / Zumba Kids

Encouraging team work, coordination, balance and memory skills. Exploring a variety of dance styles and their origins in a friendly environment.

Relax Kids Little Stars

Sessions incorporate movement and exercise, mindfulness and relaxation games, stretching, massage (parents with their own child), breathing techniques, affirmations and visualisations.

