

STUDIO TEAM

Gideon Coe FITNESS MANAGER

Alfonso Aurelien	Ian Freeman	Carolina Pinzon
Debbie Avery	Garry Freer	Sarah Rietveld
Maxine Aylett	Heather George	Rosemary Ryder-
Julia Barnes	Christine Jackman	Richardson
Elaine Dowsett	Paul Keleher	Neena Sadanand
Justine Errington	Sarah Matthews	Matt Watton

WHAT'S AVAILABLE

- Qualified Studio Instructors provide a wide variety of fitness and lifestyle classes.
- Air conditioned Studio with a genuine wooden sprung floor.
- A full surround audio system 'motivates' or 'meditates' according to the desired experience

BOOKING CLASSES

To guarantee a place in one of the Studio classes please book at Reception up to two weeks in advance. Call 01344 846366

FEES

Please refer to the Infant and Junior Guide Autumn term for TT courses and prices.

CANCELLATION AND NO-SHOWS

For all class cancellations, please notify Reception within 24 hours of class commencement. Call 01344 846366

REMINDERS

- All members are to complete a health questionnaire before participation in their first class.
- Please notify the Instructor of any medical conditions/ physical limitations.
- Please arrive promptly to classes to ensure participation. Late entry to a class will be at the discretion of the Studio Instructor.

STUDIO DRESS CODE

All listed below are appropriate for the Studio:

- Loose fitting clothing such as shorts/tracksuits/ t-shirts/sweatshirts
- Men must ensure that their torso is covered
- Training shoes and socks must be worn

ADULT CLASS DESCRIPTIONS

20/20/20

A class of three parts; a combination of low impact aerobics, toning and core work.

AEROBOX

Intense cardiovascular workout incorporating conditioning techniques from the boxing arena.

ALFONSO'S CIRCUIT AND POWER CIRCUIT

An intense, fast paced cardiovascular and resistance workout. High on energy, easy on choreography.

AQUAROBICS

Low impact cardiovascular and conditioning workout in water.

FUNCTIONAL FITNESS

A class comprising of specific exercises designed to improve performance, strength and posture.

'GOOD MORNING' STRETCH

A class to improve flexibility. Ideal for both warm up and cool down whatever the activity.

HATHA YOGA

A systematic yoga method that guides the individual to greater flexibility, strength, and relaxation. Enhances poise, inner peace and serenity.

LATIN FUSION

A fun and lively dance class based on a combination of simple and rhythmical latin-style moves.

MULTI FIT

A class specifically designed to burn calories and sculpt muscles. Basic cardio patterns are combined with a variety of floor and weight training exercises to challenge and tone anybody.

PILATES

A unique exercise programme that helps to develop core stability and improve body alignment, through focussed strength work, stretch and relaxation.

RUNNING CLUB

Friendly 45 - 60 minute run around the beautiful grounds of the Wentworth Estate. Participants meet in the foyer at the entrance to the Tennis & Health Club. All levels are welcome.

SIVANANDA YOGA

Yoga incorporating a five-point method of practice; which includes proper exercise, breathing, deep relaxation, positive thinking and meditation.

SPINNING

The spinning concept is a cycling based aerobic workout that can be adapted to cater for all fitness levels.

SPIN 'N' ABS

All the benefits of a good spinning workout followed by focused abdominal training.

STEP EXPRESS

Excellent cardiovascular workout with challenging choreography for the more experienced stepper.

STRETCH AND TONE

A combination of stretching and toning, including some core stability work. A good all rounder.

TOTAL BODY CONDITIONING

Toning and cardiovascular workout designed to strengthen and define muscles with optional use of resistance equipment.

TOTAL STRENGTH

A challenging weights workout based on free weight exercises using barbells and dumbbells.

YOGA AND MEDITATION

Late night yoga for extra relaxation.

ZUMBA®

Zumba® fuses hypnotic Latin rhythms, easy dance moves and infectious music to create an energetic class suitable for all abilities.

studio

september - december

SEP - DEC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	'good morning' stretch 08.15 - 08.45 G NCN * Maxine		'good morning' stretch 08.30 - 09.00 G NCN * Maxine				
	spinning G NCN * 09.00 - 10.00 Matt	alfonso's circuit I/A 09.00 - 10.00 Alfonso	aquarobics G * 09.15 - 10.00 (pool) Maxine	alfonso's circuit I/A 09.00 - 10.00 Alfonso	functional fitness G/I 09.00 - 10.00 Paul	'good morning' stretch 09.25 - 09.55 G NCN * Maxine + 13 years	multi fit from 12 Sep 09.00 - 10.00 G NCN * Sarah
	aquarobics G * 09.15 - 10.00 (pool) Maxine		power circuit G NCN * 09.15 - 10.15 Paul	running club G 09.15 - 10.15 from 23/09 Elaine	aquarobics G * 09.15 - 10.00 (pool) Maxine	aquarobics G * 10.00 - 11.00 (pool) Maxine	
	total strength G NCN * 10.00 - 11.00 Matt	stretch & tone G * 10.15 - 11.15 Justine		yoga I/A 10.15 - 11.45 Debbie	aerobox G/I 10.05 - 11.00 Maxine	step express I/A 10.00 - 11.00 Julia	alfonso's circuit I/A 10.00 - 11.00 Alfonso
	20/20/20 G * 11.15 - 12.15 Maxine	zumba ® G 11.15 - 12.15 Justine	spinning G NCN * 10.30 - 11.30 Maxine			total body conditioning 11.00 - 12.00 G/I Julia	spinning G NCN * 11.15 - 12.15 Ian
				intro pilates B * 12.30 - 13.30 Christine	pilates G 12.00 - 13.00 Christine		
AFTERNOON	hatha yoga G/I 13.30 - 15.00 Heather	flow yoga I 13.30 - 15.00 Garry	yoga I/A 14.00 - 15.30 Debbie			sivananda yoga 12.30 - 14.00 G NCN Neena	
	junior tennis red TT 15.30 - 16.30 Robert, Stuart		junior tennis red TT 16.00 - 16.30 Stuart	baby ballet TT 15.30 - 16.00 Kathryn 2½ - 3½ years	junior tennis red TT 16.00 - 16.30 Michael		
	junior karate TT 17.30 - 18.30 Debbie 7 + years			baby ballet TT 16.00 - 17.30 Kathryn 4 - 6 + years			
EVENING	power circuit G/I 18.30 - 19.30 Paul	spin'n'abs G NCN * 18.30 - 19.30 Maxine	aerobox G/I 18.15 - 19.15 Maxine	spinning G NCN * 18.30 - 19.30 Paul			
		pilates G 19.40 - 20.40 Rosemary, Sarah	yoga & meditation I/A 20.00 - 21.30 Debbie	latin fusion G 19.45 - 20.45 Carolina			

STUDIO CODING SYSTEM

NCN No co-ordination necessary.

Simple choreography in class.

B Beginners, lower pace, lower intensity.

G General, suitable for all.

I Intermediate, higher intensity.

A Advanced, high intensity and/or complex choreography.

* These classes are suitable for exercise novices.

TT Term time only.

BOOKING CLASSES

All classes must be booked prior to attending. Classes can be booked up to two weeks in advance. Please contact Reception on 01344 846366

PLEASE NOTE

Class users are reminded to arrive promptly in order to ensure participation in class

Wentworth Club
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