

STUDIO TEAM

Gideon Coe FITNESS MANAGER

Lizzy Turner PROGRAMME MANAGER

Sophia Adams	Claire Johnson	Patricia Pasis-Oakwell
Alfonso Aurelien	AnnaMaria Kadar	Helen Paton
Viviane Buser	Paul Keleher	Jean-Claude Rawady
Heather George	Carol Lynch	Jo-Anne Saunders
Peter Hedges	Holly Machedmedze	Sarah Staples
Paul Hyam	Perry Machedmedze	Nadya Walker
Christine Jackman	Sarah Matthews	Rebecca Wright

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

Fees for Junior TT courses are available from Reception.

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.
- For your safety and respect to other participants ensure you arrive promptly to classes. Late entry will only be permitted 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; except for yoga and pilates.

ADULT CLASS DESCRIPTIONS

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.

BODY CONDITIONING

Define and strengthen your body in this conditioning class. This workout is designed to tone and enhance muscular endurance, while improving your cardiovascular level.

FITSTEPS®

The very best of Ballroom and Latin, mixed with the latest moves. An exciting, fun, fabulous fitness experience.

FREESTYLE FITNESS YOGA

Freestyle fitness yoga is a unique and vibrant form of modern exercise for men and women using challenging but easy to follow sequences.

Not suitable for pregnant participants.

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, YOGA FUSION & DYNAMIC FLOW YOGA

These class types use ancient techniques to focus on strength, flexibility and breathing to promote muscular balance, enhance posture and relaxation.

HIIT

High intensity interval training. A fast paced workout using proven intensity techniques to provide an enhanced & substantial energy burn. Multi-set Tabata™ and short recovery exercise patterns ensure a rewarding but tough experience!

INSANITY®

A high intensity workout using plyometric training, maximum intervals & body weight resistance. Guaranteed to burn calories and sculpt muscles.

PILATES

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

POWER AQUA

A higher intensity aqua workout using the resistance of water to help achieve tone and strength. Suitable for all levels.

SPINNING

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

SUNDAY CIRCUIT

Basic cardio patterns are combined with a variety of floor and weight training exercises to challenge the body.

SYMMETRY BALANCE

A unique mix of yoga, Pilates & Tai Chi. Feel strong & centred as you move through stretches & poses, bringing balance back into a busy lifestyle.

TOTAL TONING

A total body conditioning class using bands, hand weights and cardio exercises to tone, stretch and strengthen.

ULTIMATE FITNESS

A cardiovascular workout incorporating Tabata™ interval training with a variety of resistance training and abdominal exercises.

VINYASA FLOW & YIN & YANG YOGA

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.

ZUMBA® STEP

All of the Zumba® fitness-party fun you love with the strength & toning of step.



studio

January - April

JAN - APR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	spinning 06.45 - 07.45 G NCN * Peter		spinning 07.00 - 08.00 G NCN * Peter		spinning 07.00 - 08.00 G NCN * Peter		
	good morning stretch 08.25 - 08.55 G NCN * Carol	power circuit 08.00 - 08.55 G NCN * Paul	good morning stretch 08.25 - 08.55 G NCN * Nadya	ultimate fitness 08.00 - 08.55 G/I Sarah	good morning stretch 08.25 - 08.55 G NCN * Sophia		yoga fusion 08.50 - 10.05 G/I Paul
	spinning 09.15 - 10.15 G NCN * Rebecca	alfonso's circuit 09.00 - 10.00 I/A Alfonso	power circuit 09.15 - 10.15 G NCN * Paul	HIIT 09.00 - 10.00 I/A Sarah	functional fitness 09.00 - 10.00 G/I Paul	power aqua 09.00 - 10.00 G/I (pool) Patricia	
	aquarobics 09.15 - 10.00 G * (pool) Carol		aquarobics 09.15 - 10.00 G * (pool) Jo-Anne		aquarobics 09.15 - 10.00 G * (pool) Sophia	freestyle fitness yoga 09.00 - 10.00 G* Helen 13+ years	
	symmetry balance 10.30 - 11.15 G Viviane	total toning 10.15 - 11.15 G Holly	body conditioning 10.30 - 11.30 G/I Jo-Anne	dynamic flow yoga 10.15 - 11.45 I/A Jean-Claude	zumba® 10.15 - 11.15 G Perry 13+ years	spinning 10.15 - 11.15 G NCN * Rebecca	sunday circuit 10.15 - 11.15 I/A Sarah
	fitsteps® 11.30 - 12.30 G Perry	zumba® 11.15 - 12.15 G Holly	fitsteps® 11.30 - 12.30 G Holly			zumba® 11.30 - 13.00 G Perry 13+ years	
AFTERNOON	yoga 13.30 - 15.00 I Heather			pilates 12.00 - 13.00 G * Viviane	pilates 12.00 - 13.00 I Christine		
	pre-school tennis 16.00 - 16.30 TT	pre-school tennis 16.00 - 16.30 TT	hatha yoga 14.00 - 15.30 I/A Jean-Claude	zumba® step 13.00 - 14.00 G Perry	yoga 13.30 - 15.00 G/I Heather 13+ years		
	junior bootcamp 17.45 - 18.30 9+ years TT Paul	spinning 18.30 - 19.30 G NCN * Sophia	junior tennis red 17.00 - 18.00 TT	junior ballet 15.45 - 17.30 TT			
EVENING	power circuit 18.30 - 19.30 G/I Paul 13+ years	aquarobics 18.30 - 19.30 G/I (pool) Claire		spinning 18.30 - 19.30 G NCN *	insanity® 18.10 - 19.00 G/I Claire		
	vinyasa flow yoga 19.45 - 20.45 G/I Nadya 6 weeks 9 Jan - 13 Feb	pilates 19.45 - 20.45 G * Sarah	yin & yang yoga 19.30 - 21.00 I/A Jean-Claude		junior gym session 19.00 - 20.30 13+ years		

STUDIO CODING SYSTEM

NCN No co-ordination necessary.

Simple choreography in class.

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.

Unless otherwise stated all classes are for 16+ years

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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