

CLASS DESCRIPTIONS

Les Mills Body Pump

This is the original Les Mills barbell class and it will sculpt and strengthen your whole body... quickly. BodyPump challenges all the major muscle groups through low weights and high reps. All set to chart-topping music that changes every three months, come try BodyPump at Holmer Park!

Les Mills Body Combat

BodyCombat is your martial arts inspired workout at Holmer Park. Punch and kick your way to fitness (without the risks of contact), practicing the moves of Boxing, Muay Thai, Kung Fu, Taekwondo and Capoeira.

Les Mills Body Balance

Body Balance incorporates elements of Yoga, Tai Chi and Pilates to help you achieve a more balanced body and mind. This holistic workout focuses on controlling your breathing throughout a range of challenging poses and movements to strengthen key body muscles.

Pilates

Relax your body and mind with our peaceful yet challenging Pilates classes in Hereford. The focus is on developing your core strength, and these simple exercises will enhance your health and wellbeing as you improve body posture. Pilates is also recommended for stress relief.

Spin

One of our most upbeat classes, Spin is perfect for pedalling away up to 600 calories. The Holmer Park Spin Studio is tailor-made for a high-energy fitness session, which incorporates varying intensity levels for maximum exertion. By using one of our brand new Spinner Nxt Black Belt bikes, you can quickly build leg strength and boost your stamina.

Aqua Fit

Aqua Aerobics blends the benefits of a standard aerobics session with bonuses exclusive to working out in water. Perfect for adults of any age, the water in our 20-metre pool relieves tension on joints and muscles whilst you enjoy exercising your whole body.

Yoga

If you're looking to boost your flexibility, Yoga is an ideal choice. Our fully trained Yoga instructors in Hereford will help you improve body strength as well as refine breathing techniques for a healthier body and mind. NHS research has shown that taking part in Yoga regularly can combat stress and reduce the risk of depression.

Legs, Bums & Tums

As the name suggests, Legs, Bums & Tums concentrates on those problem areas! A combination of squats, lunges and crunches plus plenty more exercises will tone & firm up your body shape. The main objective remains to enhance members' body confidence.

Holmer Attack

Our own high-energy fitness class suitable for novices and fitness fanatics alike. A combination of running, lunging, jumping and strength exercises, Holmer Attack can get your burning around 700 calories! The class is led by one of our Personal Trainers, backed up by some energising tunes to keep you even more motivated.

FitSteps

This sensational class is very popular with our Strictly Come Dancing fans! Developed by some of the BBC show's stars, this workout is a fusion of graceful ballroom steps and up-tempo Latin routines. Fitness delivered through the medium of dance! FitSteps at Holmer Park promises effective results by getting all of your body's muscles moving.

Dance Fit

Dance Fit® is an explosive fitness program designed to maximize fat burn whilst using street dance, it is guaranteed to get you fit! Street Fit® harnesses the aerobic and muscle-toning aspects of street dance to create fun, high-energy routines.

Box Fit

High-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing. BoxFit combines a cardio workout with a conditioning workout to help you increase your fitness and stamina, lose weight and tone up all at the same time, making it one of the most effective ways to exercise.

Cardio Step

Cardio Step is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

Total Tone

This class consists of a warm up followed by toning for the lower body, upper body, tummy and core area. The class ends with a stretch and cool down. Suitable for all levels of fitness, our total toning class helps you to drop fat and develop muscles to boost your fat burning rate (metabolism).

20/10

Involves performing a particular exercise at high intensity for 20 seconds followed by 10 seconds of rest. Improve all aspects of your physical ability and appearance with this high intensity and highly enjoyable type of training.

Hurricane

Hurricane training is a form of metabolic conditioning that uses high intensity training to produce great results in strength and fitness.

Silver Swans

Silver Swans Ballet classes have been developed by the Royal Academy of Dance, they have been specifically designed for the over 55s, but you're free to join us whatever your age. If you would like to put a spring in your step through beautiful Ballet movement and music then this is the class for you.

Stretch

These classes are suitable for all ages and abilities, the focus is to work the whole body, making sure that each joint is shown the movement they should go through on a daily basis, improving the mobility of each participant.

Strength & Conditioning

Strength and conditioning is aimed at everyone from complete beginners to conditioned athletes. Using a combination of equipment dumbbells, barbells, kettlebells and steps the instructor will provide variety and options to keep participants engaged in a challenging but fun class.

GROUP EXERCISE

STUDIO CLASS TIMETABLE



Holmer Park
A MOSAIC SPA & HEALTH CLUB

CLASS TIMETABLE

MONDAY	
07.15-07.45	Holmer Spin
09.30-10.15	Holmer Attack
10.30-11.15	Holmer Spin
10.30-11.15	Dynamic Pilates
11.30-12.15	Aqua Fit
12.00-13.00	Yoga
15.00-15.45	Stretch
17.30-18.00	20 / 10
18.15-18.45	Beginner Spin
18.15-19.15	Body Pump
19.00-19.45	Holmer Spin
19.30-20.15	Fitsteps

TUESDAY	
06.45-07.30	Yoga
07.45-08.15	Legs, Bums & Tums
09.30-10.30	Body Pump
10.45-11.15	Beginner Spin
10.45-11.30	Dance Fit
17.30-18.30	Body Balance
18.30-19.30	Body Combat
19.00-19.45	Holmer Spin
19.45-20.15	Legs, Bums & Tums
20.15-21.15	Yoga

WEDNESDAY	
06.45-07.30	Hurricane
09.00-09.30	Total Tone
09.30-10.15	Pilates
10.30-11.15	Holmer Spin
10.30-11.15	Fitsteps
11.30-12.30	Yoga
12.45-13.30	Silver Swans
17.30-18.00	Box Fit
18.15-19.15	Holmer Pump
18.30-19.15	Aqua Fit
19.30-20.15	Holmer Spin
19.30-20.30	Yoga

THURSDAY	
06.45-07.30	Yoga
09.00-09.25	Holmer Attack
09.30-10.30	Body Pump
10.35-11.20	Stretch
11.30-12.30	Yoga
11.30-12.15	Aqua Fit
15.30-16.30	Pilates
17.30-18.00	Strength & Conditioning
18.00-18.45	Holmer Attack
19.00-20.00	Pilates
19.00-19.45	Holmer Spin
20.15-21.00	Dance Fit

FRIDAY	
07.15-07.45	Holmer Spin
09.00-09.25	Legs, Bums & Tums
09.30-10.15	Cardio Step
10.30-11.15	Holmer Spin
11.00-12.00	Beginners Yoga
17.30-18.15	Body Balance
18.15-19.00	Body Combat
19.00-19.30	Holmer Spin
19.10-20.10	Yoga
20.15-21.00	Dance Fit

SATURDAY	
09.30-10.00	Legs, Bums & Tums
10.15-11.15	Yoga
10.30-11.15	Holmer Spin
12.00-12.45	Fitsteps

SUNDAY	
09.30-10.00	Total Tone
10.30-11.15	Holmer Spin
10.30-11.30	Body Combat
11.45-12.45	Yoga
18.00-19.00	Yoga

Key

Studio

Spin Studio

Pool

Book Your Classes Online

www.holmerpark.co.uk

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