

CLASS SCHEDULE

SPRING 2023

escape
HEALTH CLUB & SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - 10:00am Mobility & Core	9:00-9:30am Aqua Aerobics			9:00-9:30am Aqua Aerobics
	9:30-10:00am Aqua Aerobics			9:30am-10:00am Aqua Aerobics
6:30-7:00pm Spin Express	4:00pm-6.00pm Kids **Swim lessons**		4:00pm-6:00pm Kids **Swim lessons**	
7:00-8:00pm Zumba (Rebecca) *****	7:00pm-8:00pm Yoga (Clare) *****	4:30pm-5:30pm Kids Zumba (Rebecca) *****		
	7:00pm-8:00pm Yoga (Autumn) *****	7:00pm - 7:45pm HIIT	7:00-8:00pm Zumba (Rebecca) *****	7:00- 7:45pm Body Burn

*Subject to change | *Terms and Conditions apply.

***** DENOTES CLASSES BY EXTERNAL INSTRUCTORS, EXTRA FEE APPLIES.



With escape Health Club & Spa



You're only one workout
away from a good mood.

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CLASSES

AQUA AEROBICS

A low impact, high energy workout. Suitable for all ages, skill, and fitness levels. Using resistance from the water as well as specially designed equipment to get a great workout.

BODY BURN

A full body weighted workout using light to moderate weights with lots of reps. Perfect for those wanting to lose fat and tone up as it challenges all your major muscle groups as you squat, press, lift and curl.

SPIN EXPRESS

A low impact indoor cycling class. Its fast, intense and will provide you with fast improvements to cardiovascular fitness.

HIIT

High-intensity interval training (HIIT) is a workout that alternates between intense bursts of activity and fixed periods of less-intense activity allowing recovery.

MOBILITY & CORE

A moderate intensity & low impact class with stretching and mobility work as well as lower body and core strengthening exercises.

Booking is essential as spaces are limited

Our class bookings open on a Thursday for the week following through your booking link.

Class participants must cancel 2 hours before class.

*****EXTERNAL INSTRUCTORS CLASS BOOKING INFO:

Rebecca (Zumba) - 0851403387

Autumn (Yoga) - 0871806908

Clare (Yoga) - 0877755649